



Jarlsberg
74130 - Lite Jarlsberg Wedge

Jarlsberg Lite has the same mild, nutty flavor as regular Jarlsberg with 50% less fat and 30% fewer calories, than regular Swiss cheese. This low-fat variety of Jarlsberg original has the characteristic large round holes, with a lower fat content



Nutrition Facts

Servings per Container 1
Serving size 1.00Z (1oz)

Amount per serving
Calories 70

% Daily Value*	
Total Fat	3g 4%
Saturated Fat	2g 10%
Trans Fat	
Cholesterol	15mg 5%
Sodium	95mg 4%
Total Carbohydrate	2g 1%
Dietary Fiber	1g 4%
Total Sugars	0g
Includes Added Sugar	0g 0%
Protein	9g
Vitamin D	0mcg 0%
Calcium	267mg 21%
Iron	1mg 6%
Potassium	21mg 0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Benefits

Jarlsberg Lite has the same mild, nutty flavor as regular Jarlsberg with 50% less fat and 30% fewer calories, than regular Swiss cheese. This low-fat variety of Jarlsberg original has the characteristic large round holes, with a lower fat content perfect for those days when you crave the sweet, nuttydelights of Jarlsberg but need to watch your diet!

Ingredients

Pasteurized, part-skim milk, culture, salt, microbial enzymes, **vitamin A palmitate (not found in regular swiss cheese).

Allergens

Contains:

milk

Free From:

- crustaceans eggs fish peanuts
soy tree nuts wheat

Handling Suggestions

Refrigerate

Serving Suggestions

dd flair to your sandwiches, wraps and recipes without the calories. Jarlsberg

Prep & Cooking Suggestions

Remove from packaged and serve

Product Specifications

Brand		Manufacturer			Product Category	
Jarlsberg		GOURMET FOODS INT CHEESE 1184			Cheese Natural Other	
UPC	MFG #	SPC #	GTIN		Pack	Pack Desc.
	74130	74130	90820581741306			1/10 LB
Gross Weight		Net Weight	Country of Origin		Kosher	Child Nutrition
10.37lb		10lb	United States		No	
Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
11.63in	7.5in	5.88in	0.3ft3	20x8	180days	35°F / 37°F



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Nutrition Analysis - By Measure

Calories	70	Total Fat	3g	Sodium	95mg
Protein	9	Trans Fats		Calcium	267mg
Total Carbohydrates...	2g	Saturated Fat	2g	Iron	1mg
Sugars	0g	Added Sugars	0g	Potassium	21mg
Dietary Fiber	1g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	15mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images

