



Jarlsberg
74131 - Jarlsberg Wedge Lite

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	5
Serving size	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 0g Added Sugar	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

Semi-soft cheese with a mild, mellow and nutty flavor. 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

You can add flair to your sandwiches, wraps and recipes without the calories.

Prep & Cooking Suggestions

Ready to eat

✏ Product Specifications

Brand	Manufacturer	Product Category
Jarlsberg	GOURMET FOODS INT CHEESE 1184	Cheese Natural Other

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
820581741310	74131	74131	10820581741317		12/5.75 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
4.58lb	4.31lb	United States	No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
9.5in	6.38in	5in	0.18ft3	28x8	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

