

#### **Jarlsberg**

# 75140 - Jarlsberg Loaf 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



#### \* 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	<b>A</b> Allergens
Pasteurized Part-Skim Milk, Culture, Salt, Microbial Enzymes, **Vitamin A Palmitate, (**not found in regular Swiss Cheese)	Contains:  in milk  Free From:  grustaceans in eggs in fish () peanuts
	(%) sesame (%) soy (17) tree nuts (4) wheat

# **Nutrition Facts**

Servings per Container 176 1.00Z (1oz) Serving size

# **Amount per serving** Calories

#### 70

Calonies	70
% Da	ily Value*
Total Fat 3g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
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	20%
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.

#### **Handling Suggestions**

# Refrigerate

# Serving Suggestions

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

# Prep & Cooking Suggestions

Remove from package and enjoy.

#### Product Specifications

Brana		Mariaractarer			
Jarlsberg		Norseland Incorporated			
UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
	67750	75140	90075501677504		1/11 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
12.5lb	11lb	United States	No	

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
6.5in	14.75in	4.75in	0.26ft3	18x10	150days	35°F / 37°F





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### Nutrition Analysis - By Measure

Calories	70	Total Fat	3g	Sodium	95mg
Protein	9	Trans Fats	0g	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	

0	Additional Images					

