

## First Choice Feta - Plain

Typical Nutritional Information			
		Per 100 g	Per 30g Single Serving
<b>Energy</b> Valor energetico	kJ	1123	337
<b>Protein</b> Proteinas	g	15.9	4.8
<b>Glycaemic Carbohydrates</b> Hidratos de Carboidratos glicemicos	g	0	0
of which total sugar dos quais acucar totais	g	0.0	0.0
<b>Total Fat</b> Gorduras total	g	23.1	6.9
of which saturated fat dos quais Gordura saturada	g	14.7	4.4
trans fat Gordura trans	g	1.0	0.3
Monounsaturated fat Gordura mono-insaturadas	g	5.6	1.7
Polyunsaturated fat Gordura poli-insaturadas	g	0.6	0.2
<b>Cholesterol</b> Colesterol	mg	42.3	12.7
<b>Dietary Fibre<sup>#</sup></b> Fibras alimentares	g	0.0	0.0
<b>Total Sodium</b> Sodio Total	mg	1421	426
<b>Calcium</b>	mg	302.0	91.0
* Analysis Method: AOAC 991.43 * Metodo de analise: AOAC 991.43			
Ingredients Plain Feta: Pasteurised Cow's Milk, Brine (water, salt, calcium chloride, acidity regulator ), Herb(1%) calcium, chloride, cheese cultures, none-animal Rennet			