

First Choice Feta - Herb

Typical Nutritional Information			
		Per 100 g	Per 30g Single Serving
Energy Valor energetico	kJ	1218	365
Protein Proteinas	g	18.2	5.5
Glycaemic Carbohydrates Hidratos de Carboidratos glicemicos	g	<1	<1
of which total sugar dos quais acucar totais	g	<0.5	<0.2
Total Fat Gorduras total	g	24.5	7.4
of which saturated fat dos quais Gordura saturada	g	15.7	4.7
trans fat Gordura trans	g	1.0	0.3
Monounsaturated fat Gordura mono-insaturadas	g	5.9	1.8
Polyunsaturated fat Gordura poli-insaturadas	g	0.6	0.2
Cholesterol Colesterol	mg	46.3	13.9
Dietary Fibre[#] Fibras alimentares	g	<0.5	<0.2
Total Sodium Sodio Total	mg	1265	380
Calcium	mg	457.5	137.0
* Analysis Method: AOAC 991.43 * Methodo de analise: AOAC 991.43			
Ingredients: Pasteurised Cow's Milk, Brine (water, salt, calcium chloride, acidity regulator), Herb(1%) calcium, chloride, cheese cultures, non- animal Rennet			