



Ellsworth Cooperative Creamery
“Cheese Curd Capital of Wisconsin”

NUTRITION FACTS - RETAIL

Nutrition Facts Serving Size 1 oz. (28g) about one inch cube Servings Per Container 6		*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:																													
Amount Per Serving Calories 110 Calories from Fat 80		<table border="1"> <tr> <td></td> <td align="center">Calories</td> <td align="center">2,000</td> <td align="center">2,500</td> </tr> <tr> <td>Total Fat</td> <td align="center">Less than</td> <td align="center">65g</td> <td align="center">80g</td> </tr> <tr> <td>Sat. Fat</td> <td align="center">Less than</td> <td align="center">20g</td> <td align="center">25g</td> </tr> <tr> <td>Cholesterol</td> <td align="center">Less than</td> <td align="center">300mg</td> <td align="center">300mg</td> </tr> <tr> <td>Sodium</td> <td align="center">Less than</td> <td align="center">2,400mg</td> <td align="center">2,400mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td></td> <td align="center">300g</td> <td align="center">375g</td> </tr> <tr> <td>Dietary Fiber</td> <td></td> <td align="center">25g</td> <td align="center">30g</td> </tr> </table>		Calories	2,000	2,500	Total Fat	Less than	65g	80g	Sat. Fat	Less than	20g	25g	Cholesterol	Less than	300mg	300mg	Sodium	Less than	2,400mg	2,400mg	Total Carbohydrate		300g	375g	Dietary Fiber		25g	30g	
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Total Fat 9g	14%																														
Saturated Fat 5g	27%																														
<i>Trans Fat</i> 0g																															
Cholesterol 30mg	9%																														
Sodium 180mg	8%																														
Total Carbohydrate 0g	0%																														
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Sugars 0g																															
Protein 7g																															
Vitamin A 6% • Vitamin C 0%																															
Calcium 20% • Iron 0%																															

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Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Pasteurized Milk, Cheese Culture, Salt, Enzymes.

CONTAINS: MILK

MANUFACTURED BY:
 Ellsworth Cooperative Creamery
 P.O. Box 610, Ellsworth, WI 54011

For information on **lightly hand breaded cheddar cheese curds** in 1 lb. retail packages and bulk (natural and jalapeno)

Or

For information on **OVEN READY** breaded cheese curds (private label and size portion options available)

Please contact me at the following:

Tony Birkel

Marketing and Sales Manager

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Ellsworth Cooperative Creamery Association

“The Cheese Curd Capital of Wisconsin”

232 Wallace St. P.O. Box 610

Ellsworth Wisconsin 54011

