

Nutrition Facts

Serving size 1 oz (28 g)

Servings Per Container

Amount Per Serving

Calories 80 **Calories from Fat 60**

| | % Daily Value* |
|---|----------------|
| Total Fat 6 g | 10% |
| Saturated Fat 4 g | 20% |
| Trans Fat 0 g | |
| Cholesterol 20 mg | 6% |
| Sodium 320 mg | 13% |
| Total Carbohydrate less than 1 g | 0% |
| Dietary Fiber 0 g | 0% |
| Sugars 0 g | |
| Protein 5 g | |
| Vitamin A | 4% |
| Vitamin C | 0% |
| Calcium | 6% |
| Iron | 0% |

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | | Calories | 2,000 | 2,500 |
|--------------------|-----------|----------|----------|----------|
| Total Fat | less than | | 65 g | 80 g |
| SatFat | less than | | 20 g | 25 g |
| Cholesterol | less than | | 300 mg | 300 mg |
| Sodium | less than | | 2,400 mg | 2,400 mg |
| Total Carbohydrate | | | 300 g | 375 g |
| Dietary Fiber | | | 25 g | 30 g |

Calories per gram:

Fat 9 Carbohydrate 4 Protein 4

FETA Traditional Chunk

| N U T R I T I O N F A C T S | | | |
|------------------------------------|------------------|-----------------|----------------|
| NUTRIEN T | per 100 g | per 30 g | per 28g |
| Water (g) | 53.17 | 15.951 | 14.8876 |
| Ash (g) | 4.15 | 1.245 | 1.162 |
| Calories | 284.22 | 85.266 | 79.582 |
| Calories from fat | 204.3 | 61.29 | 57.204 |
| Total fat (g) | 22.7 | 6.81 | 6.356 |
| Saturated fat (g) | 14.24 | 4.272 | 3.9872 |
| Calories from sat fat | 128.16 | 38.448 | 35.8848 |
| Polyunsat fat (g) | 0 | 0 | 0 |
| Monounsat fat (g) | 0 | 0 | 0 |
| Trans fat (g) | 0.8 | 0.24 | 0.224 |
| Cholesterol (mg) | 67.86 | 20.358 | 19.001 |
| Sodium (mg) | 1157.14 | 347.142 | 324 |
| Potassium (mg) | 0 | 0 | 0 |
| Total carbohydrate (g) | 3.1 | 0.93 | 0.868 |
| Dietary fiber (g) | 0 | 0 | 0 |
| Sugars (g) | 0.89 | 0.267 | 0.2492 |
| Protein (g) | 16.88 | 5.064 | 4.7264 |
| Vitamin A (IU) | 1985.71 | 595.713 | 556 |
| Vitamin C (mg) | 0 | 0 | 0 |
| Calcium (mg) | 228.57 | 68.571 | 64 |
| Iron (mg) | 0.36 | 0.108 | 0.1008 |
| Thiamin (mg) | 0 | 0 | 0 |
| Riboflavin (mg) | 0 | 0 | 0 |
| Niacin (mg) | 0 | 0 | 0 |
| Phosphorus (mg) | 0 | 0 | 0 |