

**Provolone Cheese - 42% Lower Sodium**

**Nutrition Facts**

Serv size 1 oz (28g)  
Servings varied

Calories 100  
Fat cal 70

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

| Amount/serving                                      | % DV* | Amount/serving         | % DV* |
|---|-------|------------------------|-------|
| <b>Total Fat</b> 8 g                                | 12 %  | <b>Sodium</b> 140 mg   | 6 %   |
| Sat fat 4.5 g                                       | 22 %  | <b>Potassium</b> 35 mg | 1 %   |
| <i>Trans</i> fat 0 g                                |       | <b>Total carb</b> 1 g  | 0 %   |
| Monounsaturat fat 2 g                               |       | Fiber 0 g              | 0 %   |
| Polyunsaturat fat 0 g                               |       | Sugars 0 g             |       |
| <b>Cholest</b> 20 mg                                | 7 %   | <b>Protein</b> 7 g     | 14 %  |
| Vitamin A 4% • Vitamin C 0% • Calcium 20% • Iron 0% |       |                        |       |

**Mild Provolone (Low Salt):** Made from pasteurized whole milk cheese culture, salt and enzymes