

## MATURE CHEDDAR

### INGREDIENTS

Cheddar Cheese (100%) (**Milk**, Salt).

For allergens: See ingredients in **bold**.

### NUTRITIONAL INFORMATION

Typical Values	Per 100g	Per 20g
ENERGY	2489kJ	498kJ
	595kcal	119kcal
FAT	46g	9.1g
(of which saturates)	29g	5.8g
CARBOHYDRATE	4.2g	0.8g
(of which sugars)	0g	0g
FIBRE	2.2g	0.4g
PROTEIN	40g	7.9g
SALT	2.7g	0.5g
CALCIUM	1168mg	234mg (29% RI*)

\*RI: Reference Intake of average adult (8400kJ/2000kcal). Personal requirements vary depending on age, gender, weight and activity levels. Consume as part of a healthy lifestyle and balanced diet.

**GLUTEN FREE**

**HIGH CALCIUM**