

BLACK PEPPER CHEDDAR

INGREDIENTS

Cheddar Cheese (98%) (**Milk**, Salt),
Cracked black pepper (2%).

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

NUTRITIONAL INFORMATION

Typical Values	Per 100g	Per 20g
ENERGY	2430kJ 581kcal	486kJ 116kcal
FAT	45g	9.0g
(of which saturates)	29g	5.7g
CARBOHYDRATE	5.4g	1.1g
(of which sugars)	0g	0g
FIBRE	2.2g	0.4g
PROTEIN	39g	7.8g
SALT	2.7g	0.5g
CALCIUM	1153mg	231mg (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