

JCC CAMPS AT MEDFORD

NUTRITIONAL INFORMATION - CREAM CHEESE

Philadelphia Cream Cheese

Nutrition Facts

Serving Size: 1oz
Calories: 100
Calories from Fat: 80
Total Fat: 9g
Saturated Fat: 6g
Transfat: 0g
Cholesterol: 30mg
Sodium: 105mg
Total Carbohydrate: 1g
Sugars: 1g
Protein: 2g

Ingredients: Cream, milk, salt, vegetable gum
Gluten free

Philadelphia Cream Cheese Light

Nutrition Facts

Serving Size: 1 tbs.
Calories: 45
Calories from Fat: 30
Total Fat: 3g
Saturated Fat: 0g
Transfat: 0g
Cholesterol: 10mg
Sodium: 100mg
Total Carbohydrate: 2g
Sugars: 1g
Protein: 2g

Ingredients: Cream, milk, salt, vegetable gum
Gluten free