



# Goats' Cheese

## Nutritional Information

Typical values and Reference Intakes (RI) of an average adult (8400kj/2000 kcal).



### Hard Goats Cheese - Mild, Mature

Typical Values	Per 100g	Per 30g Serving	Percentage Reference Intake*
Energy - KJ	1447kj	434kj	-
- Kcal (Calories)	349kcal	105kcal	5%
Fat	28.5g	8.6g	12%
- of which saturates	18.3g	5.5g	27%
Carbohydrates	0.1g	<0.1g	Trace
- of which sugars	0.1g	<0.1g	Trace
Protein	23.0g	6.9g	15%
Salt	1.9g	0.57g	10%
Calcium	941mg	282mg	35%

### Spreadable Goats Cheese

Typical Values	Per 100g	Per 20g Serving	Percentage Reference Intake*
Energy - KJ	1120kj	224 kj	-
- Kcal (Calories)	270kcal	54 kcal	3%
Fat	23.0g	4.6g	7%
- of which saturates	14.1g	2.8g	14%
Carbohydrates	2.5g	0.5g	<1%
- of which sugars	0.1g	Trace	Trace
Protein	13.3g	2.7g	5%
Salt	1.5g	0.3g	5%
Calcium	583mg	117g	15%

\* Reference Intakes have replaced Guideline Daily Amounts and are based on serving size. Hard goats cheese is made from pasteurised fresh goats' milk. Suitable for a cows' milk free diet, gluten free and suitable for vegetarians.

Spreadable goats cheese is made with goats cheese and goats butter, contains no artificial colours, flavours or preservatives. Suitable for vegetarians and gluten free. Pasteurised product suitable for pregnant women.

**Ingredients:** Goats Milk Cheese (62%), Water, Salted Goats Milk Butter (8%), Emulsifying Salts: (Potassium Triphosphate, Sodium Polyphosphate), Colour: Beta Carotene. Allergen Advice: For allergens see ingredients in bold.



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### Goats Brie

Typical Values	Per 100g	Per 31g Serving	Percentage Reference Intake*
Energy - KJ	1355kj	420kj	8%
- Kcal (Calories)	327kcal	101kcal	11%
Fat	27.0g	8.4g	15%
- of which saturates	17.0g	5.3g	8%
Carbohydrates	3.0g	0.93g	11%
- of which sugars	0.8g	0.25g	15%
Protein	18.0g	5.6g	8%
Salt	1.7g	0.52g	11%
Calcium	-	-	-

\* Reference Intakes have replaced Guideline Daily Amounts and are based on serving size. Our goats' brie is made from pasteurised fresh goats' milk. Suitable for a cows' milk free diet, gluten free and suitable for vegetarians.