



GOATS CHEESE

Nutritional Information

HARD GOATS CHEESE - MILD, MATURE

Typical Values	Per 100g
Energy - KJ	1415kj
- Kcal (Calories)	365kcal
Fat	27.8g
- of which saturates	16.1g
Carbohydrates	1.6g
- of which sugars	<0.1g
Protein	26.6g
Salt	1.6g
Calcium	941mg*

* 118% Nutrient Reference Value.

Hard goats cheese is made from pasteurised fresh goats' milk. Suitable for a cows' milk free diet and suitable for vegetarians.
Pasteurised product suitable for pregnant women.