



WSU Creamery
 PO Box 641122
 Pullman, Wa 99164-1122

Cougar Gold
 American Cheddar
 Smoky Cheddar

Viking
 Hot Pepper
 Dill Garlic
 Sweet Basil
 Cracked Pepper & Chive

Crimson FIRE!

Nutrition Facts	
Serving Size 1 oz. (28g/cubic inch)	
Servings Per Container 30	
Amount Per Serving	
Calories 110	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 176mg	7%
Total Carbohydrate .36g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 7g	
Vitamin A 10%	Vitamin C 0%
Calcium 23%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	Less than 3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	50g 65g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

Nutrition Facts	
Serving Size 1 oz. (28g/cubic inch)	
Servings Per Container 30	
Amount Per Serving	
Calories 110	Calories from Fat 80
% Daily Value*	
Total Fat 8.5g	13%
Saturated Fat 5.5g	28%
Trans Fat 0g	
Cholesterol 28mg	9%
Sodium 176mg	7%
Total Carbohydrate .36g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 6.5g	
Vitamin A 9%	Vitamin C 0%
Calcium 23%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
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Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	50g 65g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

Nutrition Facts	
Serving Size 1 oz. (28g/cubic inch)	
Servings Per Container 30	
Amount Per Serving	
Calories 85	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 186mg	8%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 8g	
Vitamin A 4%	Vitamin C 0%
Calcium 15%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
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Potassium	Less than 3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	50g 65g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

CHEESE INGREDIENTS

- Cougar Gold: Pasteurized milk, cultures, salt and enzymes
- Viking: Pasteurized milk, cultures, salt and enzymes
- Dill Garlic: Pasteurized milk, cultures, salt, dill weed, dill seed, garlic and enzymes
- Sweet Basil: Pasteurized milk, cultures, salt, sweet basil and enzymes
- Hot Pepper: Pasteurized milk, cultures, salt, jalapeño peppers, water, distilled vinegar and enzymes
- Natural Cheddar: Pasteurized milk, cultures, salt, enzymes and annato (vegetable) color
- Smoky Cheddar: Pasteurized milk, cultures, salt, enzymes, annato (vegetable) color and smoke flavor
- Crimson Fire: Pasteurized skim milk, pasteurized milk, cultures, salt, jalapeños pepper, cayenne pepper, water, distilled vinegar and enzymes

Allergen statement: All of our cheese products contain milk.