

# 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