

Washed Rind	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium
	g			g	%DV	g	%DV	mg	%DV	mg	%DV	g	%DV	g	%DV	g	g	%DV	%DV	%DV
Affidelice Berthaut	1 oz (28g)	90	85	7	10	4	20	20	6.5	224	9	0	0	0	0	0	5	0	0	0
Berthaut Trou du Cru	1 oz (28g)	90	85	7	10	4	20	20	6.5	224	9	0	0	0	0	0	5	0	0	2
Brillat Savarin Affine	1 oz (28g)	110	100	11	17	6	30	34	11	250	10	0	0	0	0	0	3	4	0	20
Butterkase	1 oz (28g)	80	50	9	14	6	30	20	7	135	6	0	0	0	0	0	7	6	0	20
Camembert Calvados	1 oz (28g)	100	80	9	9	14	4	18	20	7	120	5	9	0	0	0	4	6	0	10
Chaumes	1 oz (28g)	90	60	7	10	4.5	22	25	8	220	9	0	0	0	0	0	6	4	0	20
Crave Bros. Petite Freres	1 oz (28g)	100	70	8	12	5	25	30	10	160	7	0	0	0	0	0	7	6	0	20
Crema Kasa	1 oz (28g)	110	80	8	12	5	25	30	10	120	8	1	0	0	0	1	7	4	0	25
Epoisses Berthaut	1 oz (28g)	90	85	7	10	4	20	20	7	224	9	0	0	0	0	0	5	0	0	2
French Port Salut	1 oz (28g)	90	60	7	11	5	25	21	7	190	8	0	0	0	0	0	6	4	0	8
German Tilsit	1 oz (28g)	90	60	7	11	5	25		20	7	160	7	0	0	0	0	0	7	4	0
Landhaus Butterkase	1 oz (28g)	110	80	9	14	6	31	0	20	7	190	8	0	0	0	0	6	6	0	20
Le Pie D'Anglyoys	1 oz (28g)	110	90	10	15	6	29	35	11	180	7	1	0	0	0	0	4	6	0	15
Limburger	1 oz (28g)	80	50	6	9	4	20	15	5	250	10	0	0	0	0	0	6	4	0	15
Livarot	1 oz (28g)	90	70	8	12	3	15	15	5	170	7	0	0	0	0	0	5	4	0	8
Mirabo with Walnuts	1 oz (28g)	120	100	11	17	7	35	20	7	170	7	0	0	0	0	0	4	0	0	6
Montboissie	1 oz (28g)	90	60	7	11	5	25	21	7	260	11	0	0	0	0	0	6	10	0	10
Petit Livarot	1 oz (28g)	94	73	8	12	3	15	15	5	170	7	0	0	0	0	0	5	4	0	8
Petit Pont L'Eveque	1 oz (28g)	80	50	6	9	4	20	11	4	180	8	0	0	0	0	0	6	4	0	10

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	g			g	%DV	g	%DV	mg	%DV	mg	%DV	g	%DV	g	%DV	g	g	%DV	%DV	%DV	
Rocastin	1 oz (28g)	100	80	10	18	6	28	21	8	330	14	0	0	0	0	0	0	0	0	0	15
Saint Felicien	1 oz (28g)	93	70	8	12	5	24	26	9	145	6	1	0	0	0	1	5	5	0	3	
Selun	1 oz (28g)	279	279	31		19		87		300		0	0	0	0	0	0	32	0	73	
St. Marcellin	1 oz (28g)	96	70	8	12	5	24	26	9	145	6	1	0	0	0	1	5	5	0	3	
St. Nectaire AOC Valmont	1 oz (28g)	90	70	8	12	4	20	0	20	7	210	9	0	0	0	0	6	8	0	14	
Stillsitzer	1 oz (28g)	385	288	32	50	21	17			174	25	0	0	0	0	0	0	36	1	105	
Taleggio	1 oz (28g)	80	60	7	11	5	25	22	7	320	13	0	0	0	0	0	5	10	0	15	
Tome Welsche Alsace	1 oz (28g)	105	100	9	10	4	20	20	7	180	9	0	0	0	0	0	5	0	0	0	
Trou Du Cru	1 oz (28g)	90	70	7	11	4	20	20	7	220	9	0	0	0	0	0	5	n/a	n/a	n/a	
Vacherin Du Jura	1 oz (28g)	120	80	8	13	5	25	25	8	180	8	0	0	0	0	0	9	8	0	15	
Valmont St. Nectaire	1 oz (28g)	90	70	8	12	4	20	20	7	210	9	0	0	0	0	0	6	8	0	15	
Wegmans Light Muenster	1 oz (28g)	80	40	4.5	7	3	15	15	5	180	8	<1	0	0	0	0	8	6	0	25	
Wegmans Muenster	1 oz (28g)	110	80	9	14	6	30	25	8	180	8	<1	0	0	0	0	7	6	0	20	
Widmer Aged Brick	1 oz (28g)	110	80	9	14	5	25	25	8	140	6	<1	0	0	0	0	6	6	0	20	

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Iron
%DV
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Iron
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