

# Nutrition Facts

Serving Size 1 oz (28g)  
 Servings per Container 9.5

Amount per Serving	
<b>Calories</b> 100	Calories from Fat 90
Calories from Saturated Fat 50	
% Daily Value*	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 6g	<b>30%</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 1.5g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 1g	
<b>Protein</b> 2g	
Vitamin A <b>2%</b>	• Vitamin C <b>2%</b>
Calcium <b>4%</b>	• Iron <b>0%</b>
* 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
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram	
Fat 9 • Carbohydrates 4 • Protein 4	

**INGREDIENTS:** Cream Cheese (pasteurized cultured milk and cream, salt, stabilizers (xanthan and/or carob bean and/or guar gums)), Artichoke Hearts (artichokes, citric acid, salt), Unsalted Butter (cream), Parmesan and Romano Cheese (cow's milk, sheep's milk, salt, cheese culture, enzymes), Organic Olive Oil, Fresh Garlic, Organic Lemon Juice Concentrate, Sea Salt, Basil, Organic Herbs