

Neal's Yard Dairy - Cheese Nutritional Information

all values represent g/100g product unless otherwise stated

Description	Energy kj /100g	Energy kcal /100g	Fat	(of which saturates)	Total carbo- hydrate	(of which sugars)	Protein	Salt
Abbey Farm Salted Whey Butter	3188	775	85.2	55.8	1.5	0.5	0.6	1.0
Appleby's Cheshire	1706	412	34.3	22.5	2.2	<0.1	23.5	1.0
Appleby's Double Gloucester	1729	417	34.6	22.7	2.3	<0.1	24.1	1.6
Baron Bigod	1510	365	30.9	22.3	2.1	<0.50	20.5	1.7
Beenleigh Blue	1496	361	30.0	19.4	0.5	<0.1	22.2	2.3
Berkeley Farm Salted Butter ² (Salted)	3131	761	83.8	52.7	1.3	0.2	0.5	1.0
Berkswell	1796	433	34.9	18.4	3.4	<0.1	25.3	2.1
Bermondsey Frier	1427	343	24.9	16.3	3.9	1.8	24.4	0.5
Bermondsey Hard Pressed	1806	435	34.7	23.5	3.9	<0.50	26.9	2.1
Blackwoods Cow's Curd	918	222	18.6	13.2	2.7	3.0	10.3	0.5
Blackwoods Whey	121	29	0.6	0.5	4.8	4.4	1.0	<0.1
Brue Valley Salted Whey Butter	3059	744	82.2	52.1	0.6	<0.1	0.6	1.5
Brue Valley Sweet Cream Salted Butter	3081	749	83.0	54.0	<0.1	<0.1	0.5	1.5
Brue Valley Sweet Cream Unsalted Butter	3030	735	83.0	54.0	<0.1	<0.1	0.5	0.0
Brunswick Blue*	1496	361	30.0	19.4	0.5	<0.1	22.2	2.3
Bungay Raw Cultured Butter	3171	771	84.1	54.7	2.9	0.7	0.6	0.8
Cardo*	1234	298	23.5	16.7	2.9	<0.1	19.2	2.0
Cashel Blue	1468	355	29.3	18.4	1.5	0.2	21.1	2.0
Colston Bassett Shropshire Blue	1701	411	35.5	22.2	0.1	0.1	22.7	2.3
Colston Bassett Stilton	1701	411	35.5	22.2	0.1	0.1	22.7	2.3
Comté Fort Saint Antoine	1819	439	34.0	22.3	0.0	<0.1	27.4	0.7
Coolea	1920	459	37.2	24.0	2.4	2.4	30.5	2.0
Cornish Kern	1972	476	38.6	22.6	3.4	<0.1	29.5	1.6
Cornish Yarg	1550	374	31.7	19.1	0.7	<0.1	21.5	2.0
Cotherstone	1495	360	29.2	18.2	3.4	<0.1	21.0	1.0
Cravero Parmigiano Reggiano	1633	392	28.4	21.4	0.0	0.0	33.0	1.4
Crozier Blue	1320	319	26.0	16.0	1.5	0.1	20.2	2.3
Devon Blue	1586	383	32.4	21.1	0.7	<0.1	22.1	2.2
Doddington	1873	452	36.2	22.0	3.2	<0.1	27.5	1.9
Dongé Brie de Meaux	1197	288	20.0	14.8	2.6	0.2	20.4	1.4
Dorstone	998	241	19.5	13.5	<0.1	<0.5	17.3	1.1
Duckett's Caerphilly	1617	391	34.3	25.1	1.2	<0.1	19.5	1.9
Durrus	1607	388	33.0	20.8	1.5	<0.1	21.2	1.4
Edmund Tew*	918	222	18.6	13.2	2.7	3.0	10.3	0.5
Federia	1411	339	22.1	11.1	9.4	<0.1	24.3	2.0
Feta	1248	301	24.5	18.1	3.2	<1.2	16.9	2.4
Gorwydd Caerphilly	1609	388	32.0	19.2	2.6	<0.1	22.4	1.5
Graceburn	1782	432	41.1	14.8	1.2	<0.5	13.4	1.8
Greenham*	1329	320	20.3	17.9	1.0	1.0	21.1	1.5
Gubbeen	1613	389	32.0	21.4	3.6	0.0	25.0	0.6
Hafod	1873	451	36.0	24.0	4.0	<0.1	25.0	2.0
Harbourne Blue	1625	392	33.3	21.9	0.4	<0.1	22.7	1.9
Hawes Wensleydale	1580	381	31.8	21.1	0.1	0.1	23.7	1.3
Hay on Wye	998	241	19.5	13.5	<0.1	<0.5	17.3	1.1
Hill Farm Goats curd*	1329	320	20.3	17.9	1.0	1.0	21.1	1.5
Innes Brick	1467	353	26.6	17.3	7.0	<0.5	20.8	1.6
Innes Curd	913	220	18.3	11.7	1.6	2.6	11.4	0.6
Innes Log	1467	353	26.6	17.3	7.0	<0.50	20.8	1.6
Isle of Mull	1950	470	40.5		1.5	0.2	25.5	1.7
Ivy House Buttermilk	249	59	2.6	1.7	5.1	4.7	3.9	0.1
Ivy House Skimmed Milk	155	37	0.1	0.1	5.0	4.3	3.9	0.1
Ivy House Semi-Skimmed Milk	263	63	3.1	2.1	4.7	5.1	4.0	0.1
Ivy House Whole Milk	809	196	18.7	12.3	3.4	4.2	3.5	0.1
Ivy House Single Cream	1101	267	26.7	17.9	4.1	3.3	2.9	0.1
Ivy House Double Cream	2009	488	52.5	35.1	1.8	2.3	1.9	0.1
Ivy House Pouring Cream	2253	546	54.7	36.4	11.2	2.8	2.3	0.1
Ivy House Whipping Cream	2758	668	65.3	43.1	17.3	2.5	2.8	0.1
Ivy House Clotted Cream	2511	611	67.0	45.2	0.4	0.9	1.5	0.0
Kappacasein Yoghurt	265	63	3.0	1.9	6.1	5.1	3.1	0.1
Keen's Cheddar	1813	439	36.8	26.7	2.2	<0.5	0.6	1.6
Kirkham's Lancashire/Mature Lancashire	1646	397	32.4	20.5	3.2	<0.1	22.8	1.7

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La Perla Mozzarella	1185	287	27.0	18.9	3.5	0.3	14.5	0.5
Lincolnshire Poacher	1847	446	37.0	26.0	2.2	<0.5	26.1	1.5
Milleens	1415	336	25.0	17.0	<0.1	<0.1	18.0	2.0
Montgomery's	1895	457	37.2	34.0	4.0	0.2	26.5	2.1
Moorhayes Whey Butter	3181	759	85.0	55.0	<0.1	<0.1	0.4	1.5
Neal's Yard Creamery Crème Fraiche	1604	390	41.2	27.2	0.8	2.4	2.3	0.1
Neal's Yard Creamery Goat's Curd	1028	248	20.6	13.9	2.8	2.3	13.6	11.1
Neal's Yard Creamery Greek Style Yoghurt	411	99	6.9	4.5	3.7	4.1	5.1	0.1
Neal's Yard Creamery Strained Greek Style Yo	411	99	6.9	4.5	3.7	4.0	5.1	0.1
Oglesfield	1780	430	37.0	26.0	2.8	<0.1	21.4	2.5
Old Ford*	1234	298	23.5	16.7	2.9	<0.1	19.2	2.0
Perroche	1028	248	20.3	13.9	2.8	2.3	13.6	11.1
Pleasant Ridge Reserve	1793	428	35.7	21.4	0.0	0.0	25.0	2.1
Quicke's Traditional Mature Cheddar	1753	423	37.2	23.5	0.1	0.1	26.6	1.8
Ragstone	1327	320	25.6	17.4	2.3	0.5	19.4	1.9
Riseley*	1344	352	28.0	18.2	1.0	<0.1	18.3	1.6
Rogue River Blue	1494	357	28.6	21.4	0.0	0.0	21.4	2.2
Rollright	1382	333	27.4	17.7	1.7	<0.5	20.0	2.2
Sinodun Hill	1501	362	30.2	17.0	4.6	1.6	18.2	1.6
Sleightlett*	1234	298	23.5	16.7	2.9	<0.1	19.2	2.0
Spa Blue*	1586	383	32.4	21.1	0.7	<0.1	22.1	2.2
Sparkenhoe Red Leicester	1887	455	37.6	22.4	3.5	<0.1	26.5	1.6
Spenwood	1734	418	35.7	22.1	0.6	<0.1	23.8	1.6
St Cera*	1129	272	22.0	13.7	1.4	<0.50	16.5	1.9
St James	1819	439	36.5	20.2	3.0	<0.1	25.4	2.0
St Jude	1129	272	22.0	13.7	1.4	<0.50	16.5	1.9
Stawley*	1329	320	26.0	25.8	1.0	1.0	21.1	4.3
Stichelton	1795	433	36.9	24.5	2.5	<0.1	22.8	0.8
Ticklemore	1177	283	20.5	16.4	6.3	5.8	18.3	1.7
Tunworth	1216	293	25.0	17.8	2.5	<0.1	14.6	1.5
Tymsboro	1234	298	26.0	25.8	1.0	1.0	21.1	4.3
Wellesley*	1329	320	26.0	25.8	1.0	1.0	21.1	4.3
Westcombe Cheddar	1829	441	36.4	24.0	2.7	0.2	25.8	1.8
Westcombe Cheddar Curds	1655	399	33.8	21.7	<1.0	0.3	22.9	2.3
Westcombe Ricotta	685	165	12.2	6.7	3.3	3.0	10.5	1.8
Whin Yeats Wensleydale*	1580	381	31.8	21.1	0.1	0.1	23.7	1.3
Wigmore	1344	352	28.0	18.2	1.0	<0.1	18.3	1.6
William Heaps*	918	222	18.6	13.2	2.7	3.0	10.3	0.5
Wootton Ewe's Yoghurt	467	112	8.2	5.8	4.0	2.2	5.6	0.2

*values are approximate calculations