

# Neal's Yard Dairy - Dairy Nutritional Information

all values represent g/100g product unless otherwise stated

Description	Energy kJ /100g	Energy kcal /100g	Fat (g)	(of which saturates) (g)	Total carbohydrate (g)	(of which sugars) (g)	Protein (g)	Salt (g)
Abbey Farm Salted Whey Butter	3188	775	85.2	55.8	1.5	0.5	0.6	1
Appleby's Cheshire	1778	429	36.6	23.2	1.5	<0.1	23.4	1.26
Ashcombe	1452	351	29.6	21.4	0.1	0.1	21	2.15
Baron Bigod	1510	365	30.9	22.3	2.1	<0.50	20.5	1.6
Baron Bigod, Truffle	1375	333	30	29.1	<0.1	<0.1	15.4	1.6
Beenleigh Blue	1496	361	30	19	0.5	<0.1	22	2.3
Berkeley Farm Salted Butter	3059	744	82.2	52.1	0.6	0.6	0.6	1
Berkeley Farm Unsalted Butter	3059	744	82.2	52.1	0.6	0.6	0.6	<0.01
Berkswell	1780	429	34.9	18.1	3.4	<0.1	25.3	2.1
Blackmount	1231	297	24.6	15.2	2.7	1.5	16.3	2
Blackwoods Fromage Frais	918	222	18.6	13.2	2.7	2.7	10.3	0.5
Blackwoods Graceburn	1782	432	41.1	14.7	2.74	<0.5	13.38	1.8
Blackwoods Graceburn, Truffle	1782	432	41.1	14.7	2.74	<0.5	13.38	1.8
Blackwoods Whey	98	24	0.52	<0.5	3.9	3.51	0.8	<0.01
Bonnington Linn	1756	423	33.5	23.4	5.6	0.3	24.7	2
Brefu Bach	1053	254	19.6	13.7	<0.5	<0.5	18.9	1.5
Brightwell Ash	1138	275	23.3	14.26	2.4	1.1	13.8	0.6
Brue Valley Salted Whey Butter	3059	744	82.2	52.1	0.6	<0.1	0.6	1.5
Brue Valley Unsalted Whey Butter	3059	744	82.2	52.1	0.6	<0.1	0.6	0
Brunswick Blue	1496	361	30	19	0.5	<0.1	22	2.3
Bungay Raw Cultured Butter	3171	771	84.1	54.7	2.9	0.7	0.6	0.8
Cashel Blue	1444	348	28.8	18.4	0.9	0.2	20.4	2
Centosettanta	1633	392	28.4	21.4	0.1	0.1	33	1.6
Colston Bassett Shropshire Blue	1701	410	35	23	0.1	0.1	23.7	2
Colston Bassett Stilton	1701	410	35	23	0.1	0.1	23.7	2
Comté	1774	428	35	23	1.2	0	27	0.8
Coolea	1824	436	36	22	<0.1	<0.1	28	1.8
Cornish Kern	1972	476	38.6	22.56	3.4	0.1	26.5	1.6
Cornish Yarg	1532	369	30.1	17.5	2.7	0.1	22.3	2
Corra Linn	2035	491	40.2	27.2	6	0.5	26.2	2
Devon Blue	1586	383	32	21	0.7	<0.1	21	2.4
Doddington	1873	452	36.2	22	3.2	<0.1	27.5	1.9
Dorstone	1175	283	22.7	16.4	4.1	1.8	15.6	1.7
Duckett's Caerphilly	1617	391	34.3	25.1	1.2	<0.1	19.5	1.9
Durrus	1530	366	31.2	21.9	0.52	<0.1	21.7	1.8
Edmund Tew	1092	263	21.8	13	2.2	0.1	14.6	2.31
Elrick Log	1231	297	24.6	15.2	2.7	1.5	16.3	2
Evenlode	1292	312	27.9	18.7	0.1	0.1	17.4	1.54
Fen Farm Cultured Cream	2397	583	64.9	35.8	<0.01	1.3	1.8	0.05
Feta Voras	1171	280	23	16.3	0.5	0.5	17.8	2.7
Glastonbury Salted Roll	3081	749	83	54	trace	trace	0.5	1.8
Gorwydd Caerphilly	1609	388	32	19.2	2.6	<0.1	22.4	1.5
Grana Padano	1607	384	28	19	0	0	33	1.6
Grated Cheese	1895	457	37.2	34	4	0.2	26.5	2
Gubbeen	1506	360	30.6	20.5	0.8	<0.3	21.1	2
Hafod	1873	451	36	24	4	<0.1	25	2
Harbourne Blue	1625	392	33	21	1	<0.1	22	1.9
Hay on Wye	1175	283	22.7	16.4	4.1	1.8	15.6	1.7
Herefordshire Frier	1295	312	23.5	16.5	1.6	1.6	23.4	2.5
Hever	1092	263	21.8	13	2.2	0.1	14.6	2.31
Holbrook	1431	342	28.5	20	2.5	<0.1	19.6	2.5
Ingot	1467	353	26.6	17.3	7	0.5	20.8	1.5
Isle of Mull	1950	470	40.5	25.3	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 Clotted Butter	3099	754	83.4	55.54	<0.1	<0.1	0.8	1.6
Ivy House Clotted Cream	2511	611	67	45.2	0.4	0.4	1.5	0
Ivy House Double Cream	2758	668	65.3	43.1	17.3	2.5	2.8	0.1
Ivy House Jersey Brandy Clotted Cream	2306	561	61.3	40.73	0.8	0.8	1.4	0.03
Ivy House Jersey Brandy Double Cream	2001	486	52.7	35.1	1.4	1.4	1.62	0.04
Ivy House Pouring Cream	2009	488	52.5	35.1	2.3	2.3	1.9	0.1
Ivy House Salted Butter	3052	742	81.6	54	1.2	0.3	0.7	1.5
Ivy House Semi-Skimmed Milk	263	63	3.1	2.1	4.7	5.1	4	0.1
Ivy House Single Cream	1101	267	26.7	17.9	4.1	3.3	2.9	0.1
Ivy House Skimmed Milk	155	37	0.1	0.1	5	4.3	3.9	0.1

# Neal's Yard Dairy - Dairy Nutritional Information

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Description	Energy kJ /100g	Energy kcal /100g	Fat (g)	(of which saturates) (g)	Total carbohydrate (g)	(of which sugars) (g)	Protein (g)	Salt (g)
Ivy House Whipping Cream	2253	546	54.7	36.4	11.2	2.8	2.3	0.1
Ivy House Whole Milk	327	78	4.6	3.3	4.8	4.8	3.6	0.1
Kappacasein Yoghurt	265	63	3	1.9	6.1	5.1	3.1	0.1
Karst	1081	258	20.8	14.5	2.8	<0.1	15.5	1
Keen's Cheddar	1800	435	37	21.7	0.1	0.1	25.5	1.5
Ki Kefir	260	62	3.9	2.6	4	2.6	2.8	
Kirkham's Lancashire	1646	397	32.4	22.8	3.2	<0.1	21.4	1.7
Kirkham's Mature Lancashire	1646	397	32.4	22.8	3.2	<0.1	21.4	1.7
La Perla Mozzarella & Bocconini	1278	309	27	18	1.4	1.3	15	0.7
Lincolnshire Poacher	1847	446	37	26	2.2	<0.5	26.1	1.45
Little Rollright	1292	312	27.9	18.7	0.1	0.1	17.4	1.54
Long Lane Ricotta	606	145	3	1.5	3	3	6	1.5
Long Lane Sheep's Curd	849	204	15.6	11.8	3.6	1.7	12.4	0.1
Long Lane Yoghurt	395	95	7.4	5.3	1.8	1.7	5.3	
Montgomery's Cheddar	1895	457	37.2	34	4	0.2	26.5	2.1
Moorhayes Whey Butter	3121	759	85	55	<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	20.3	13.9	2.3	2.3	13.6	1.1
Neal's Yard Creamery Greek Style Yoghurt	355	85	5.6	3.7	5.1	5.1	3.5	0.1
Neal's Yard Creamery Strained Greek Style Yoghurt	411	99	6.9	4.5	3.7	4.1	5.1	0.1
Norton & Yarrow Goat's Curd	898	216	17.7	10.19	3.2	2.1	11	0.6
Oglesfield	1780	430	37	26	2.8	<0.1	21.4	2.5
Parmigiano Reggiano 2153	1633	392	28.4	21.4	0	0	33	1.6
Parmigiano Reggiano 841	1633	392	28.4	21.4	0	0	33	1.6
Parmigiano San Pietro 2659	1671	402	30	20	0	0	32	1.6
Perroche (Plain or Herbs)	1028	248	20.3	13.9	2.3	2.3	13.6	1.1
Pevensey Blue	1599	387	34.5	25	<0.1	<0.1	22.2	2.23
Pitchfork Cheddar	1861	449	36.4	27	3.4	0.1	26.4	1.62
Pyghtle	1053	254	19.6	13.7	0.5	0.5	18.9	1.5
Ragstone	1327	320	25.6	17.4	3.5	0.5	19.4	1.9
Riseley	1344	325	28	18.2	1	<0.1	18.3	1.6
Rollright	1292	312	27.9	18.7	0.1	0.1	17.4	1.54
Sinodun Hill	1501	362	30.2	17	4.8	1.6	18.2	0.6
Skyr - Blackcurrant	410	97	1.3	0.9g	12.1		8.6	0.08
Skyr - Gooseberry & Elderflower	389	92	1.5	1.0g	10.3		8.7	0.06
Skyr - Natural	304	72	1.8	1.1g	3.6		9.8	0.08
Skyr - Redcurrant, Rhubarb & Vanilla	393	93	1.5	1.0g	10.3		9.4	0.06
Sparkenhoe Blue	1708	412	36	23.7	2.5	0.1	22.8	2.1
Sparkenhoe Mature Red Leicester	1708	412	21.7	21.7	3.5	0.1	25.5	1.6
Sparkenhoe Red Leicester	1708	412	21.7	21.7	3.5	0.1	25.5	1.6
Sparkenhoe Shropshire Blue	1708	412	36	23.7	2.5	0.1	22.8	2.1
Spenwood	1734	418	35.7	22.1	0.6	<0.1	23.8	1.6
St Cera	1129	272	22	13.7	2.7	<0.50	16.5	1.9
St Helena	1384	333	26	15.9	0.9		23.3	2.09
St James	1819	439	36.5	20.15	3	<0.1	25.4	2
St Jude	1129	272	22	13.7	2.7	<0.50	16.5	1.9
St Jude Cow's Curd	1129	272	22	13.7	2.7	<0.50	16.5	0.5
St Sunday	1501	365	29.2		2.8	0.1	18.4	1.6
St Tola	971	234	17.8	12.1	4.2	2.1	14.2	2.5
Stichelton	1795	433	36.9	24.5	2.5	<0.1	22.8	2.2
Stonebeck Wensleydale	1581	381	31.8	19.7	0.1	0.1	23.7	1.1
Templegall	1795	429	35.6	21	1.52	<0.1	25.6	1.43
Ticklemore	1298	313	26.4	17.8	<1.0	<0.1	17.7	2
Tinto	1653	399	35.5	23	1.9	0.1	18.2	2
Tunworth	1301	314	26.2	18.2	3.3	0.1	16.3	1.6
Westcombe Cheddar	1829	441	36.4	24	2.7	0.2	25.8	1.95
Westcombe Cheddar Curds	1655	399	33.8	21.7	<1.0	0.3	22.9	2.2
Westcombe Oxonlees	1829	441	36.4	24	2.7	0.2	25.8	1.95
Westcombe Ricotta	685	165	12.2	6.7	3.3	3	10.5	0.68
Westcombe Smoked Cheddar	1829	441	36.4	24	2.7	0.2	25.8	1.95
Whin Yeats Wensleydale	1580	381	31.8	21.1	0.1	0.1	23.7	1.3
Wigmore	1344	325	28	18.2	1	<0.1	18.3	1.6
Winslade	1360	328	26.5	18.2	3.6	0.1	18.7	1.6
Wittenham	1138	275	23.3	14.26	2.4	1.1	13.8	0.6

## Neal's Yard Dairy - Dairy Nutritional Information

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Description	Energy kJ /100g	Energy kcal /100g	Fat (g)	(of which saturates) (g)	Total carbo- hydrate (g)	(of which sugars) (g)	Protein (g)	Salt (g)
Yarlington	1326	320	28	18	<0.1	<0.1	17.5	1.55
Yoredale	1581	381	31.8	21.1	0.1	0.1	23.7	1.1
Yorkshire Pecorino Fresco	1468	353	26.1	17.33	4.2	0.5	25.2	1.73