

## **A Guide to Vegan Cheese**

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Many people are afraid to go vegan because they think they “cannot live without cheese.” What they do not realize is that they don’t have to live without cheese. There are so many vegan cheese options on the market today that can substitute for any kind of cheese you are looking for – Parmesan, ricotta, shreds, cream cheese, etc. These products can be found at most supermarkets, and many restaurants are even beginning to offer vegan alternatives to cheese. We have compiled a list of vegan cheeses to compare their ingredients, nutritional information, cost, availability, and more.

### **Nutrition**

Generally speaking, non-dairy cheeses contain no cholesterol and are lower in saturated fat than dairy cheeses. Non-dairy cheeses are a reduced fat alternative to dairy cheeses. For example, a slice (19 grams) of Go Veggie brand Vegan Cheddar Slices contain 35 calories, 1 gram of protein, 2 grams of fat, 5 grams of carbohydrates, and 0 grams of saturated fat, while a slice (21 grams) of Kraft Deli Deluxe Cheese contains 70 calories, 4 grams of protein, 6 grams of fat, 0 grams of carbohydrates, and 3.5 grams of saturated fat.

Vegan cheese shreds are popular substitutes and can be found in most supermarkets. Go Veggie, Follow Your Heart, and Daiya all offer vegan substitutes for shredded cheese. These options contain 70-90 calories, 0-1 grams of protein, 6 grams of fat, and 2-4 grams saturated fat in one serving (1/4 cup). One serving of a Kraft Sharp Cheddar cheese contains 110 calories, 6 grams of protein, 9 grams of fat, and 6 grams of saturated fat.

Typically Parmesan cheese is made using [rennet](#), which is derived from the stomach lining of cows, so it is often not even considered to be a vegetarian product. The vegan Parmesan alternatives are often made using nutritional yeast among other ingredients, so they can contain up to 15% of the recommendation for vitamin B12. Other vegan cheeses not made with nutritional yeast don’t supply vitamin B12. The serving size for these products is 2 teaspoons, and each serving has 15-25 calories, 1-2 grams of protein, 1 gram of fat, and 35-95 milligrams of sodium. This is very similar to the standard option of Kraft Grated Parmesan Cheese, which contains 20 calories, 2 grams of protein, 1.5 grams of fat, and 75 milligrams of sodium in 2 teaspoons.

Dairy cheese options typically contain around 20% of the recommendation for calcium. However, other than the Go Veggie products, which contain 20-30% of the recommendation for calcium, most non-dairy cheese alternatives have little or no calcium in them. Calcium can be obtained through fortified products including soymilk, tofu, and orange juice or through dark, leafy green vegetables.

It is important to note that most dairy cheese contain more protein than non-dairy cheese, but it is uncommon for non-dairy cheese to be an integral part of a vegan or vegetarian diet, thus it is very unlikely the protein difference between dairy and non-dairy cheese would be an issue. Still, non-dairy cheese should not be relied on as a protein source.

### **Cost**

Although some people think a vegan diet is pricey, a nutritious plant-based diet can actually cost less than an omnivorous diet. Common vegan staple foods—fresh vegetables, rice, oats, pasta, legumes, and seasonal fruits—are often cheaper than meats, poultry, fish and eggs. Typically the vegan cheese substitutes are more expensive. An 8 oz. bag of Daiya shredded cheese cost around \$4.00, while an 8 oz.

bag of Kraft shredded cheese costs about \$2.50. Also, an 8 oz. container of Tofutti cream cheese costs about \$4.50, while an 8 oz. container of Philadelphia cream cheese costs around \$2.50. The dairy counterparts are less expensive than the vegan substitutes, and they can often be bought in larger quantities for a lower cost. Although the non-dairy alternatives are more expensive, these products can be used in moderation to add flavor to your dishes. (Note: Prices are from Walmart.com and Amazon.com)

### **Characteristics of the Vegan Cheese Brands**

Major ingredients often include:

- Tapioca starch or flour
- Coconut oil
- Cashews
- Soy
- Palm fruit oil
- Almond milk
- Potato maltodextrin
- Nutritional yeast
- Hazelnuts

Organic brands:

- Dr. Cow
- Miyoko's Kitchen
- Heidi Ho Vegan
- Punk Rawk Lab
- Ste Martaen

Gluten-free:

- All Daiya products
- All Tofutti products
- Kite Hill Ricotta
- All Treeline products
- All Dr. Cow products
- All Go Veggie products
- All Teese products
- The Vegetarian Parma Zaan Sprinkles
- All Parma! Products
- All Nacheez products
- All Miyoko's Kitchen products
- All Leaf Cuisine products
- All Sheese products
- All Heidi Ho Vegan products
- All Punk Rawk Lab products
- All Ste Martaen products
- All Field Roast Chao Slices

## **Vegan Cheese Brands and Purchasing Options**

### Daiya:

- Products-
  - Shreds: Mozzarella Style Shreds, Cheddar Style Shreds, Classic Blend, Pepper Jack Style Shreds
  - Slices: Cheddar Style Slices, Swiss Style Slices, Provolone Style Slices
  - Block: Jalapeno Harvarti Style Block, Medium Cheddar Style Block, Smoked Gouda Style Block, Monterey Jack Style Block
  - Cream Cheese: Plain Cream Cheese Style Spread, Strawberry Cream Cheese Style Spread, Chive & Onion Cream Cheese Style Spread
- Brand Characteristics: Easily meltable, convincing taste, widely available/popular and trusted brand
- Where to Purchase: Available at more than 20,000 grocery stores. <http://daiyafoods.com/find-us/where-to-buy/>

### Tofutti:

- Products-
  - Ricotta
  - Slices: American Cheese Slices, Mozzarella Cheese Slices
  - Cream Cheese: Tofutti Better Than Cream Cheese Garlic & Herb, Tofutti Better Than Cream Cheese Herbs & Chive, Tofutti Better Than Cream Cheese French Onion, Tofutti Better Than Cream Cheese Original Plain
- Brand Characteristics: Smooth, flavorful, convincing taste
- Where to Purchase: <http://www.tofutti.com/about-us/supermarket-list/>

### Follow Your Heart:

- Products-
  - Cream Cheese: Original
  - Block/Slice: Provolone, Mozzarella, Garden Herb, American
  - Shreds: Mozzarella Shreds, Cheddar Shreds, Fiesta Blend Shreds, Vegan Parmesan Shredded Cheese Alternative
  - Flakes: Vegan Grated Parmesan Style Cheese
- Brand Characteristics: Good texture and flavor and easy to melt
- Where to Purchase: Jewel, Whole Foods, Meijer, etc. <http://followyourheart.com/store-locator/>

### Kite Hill:

- Products-
  - Ricotta
  - Cream Cheese: Plain Cream Cheese Style Spread, Chive Cream Cheese Style Spread
- Brand Characteristics: Rich, unique flavor and creamy texture. Has a gourmet feel. On the pricier end.
- Where to Purchase: Whole Foods or online <http://www.kite-hill.com/where-to-buy-2/>

### Dr Cow:

- Products-
  - Blocks: Aged Cashew Nut Cheese, Aged Macadamia Nut Cheese, Aged Cashew & Brazil Nut Cheese, Aged Cashew Nut & Hemp Seed Cheese, Aged Cashew and Dulce Flakes Cheese, Aged Cashew & Blue Green Algae Cheese, Aged Cashew Nut and Kale Cheese
  - Cream Cheese: Cream Cashew Nut Cheese with Tomato Turmeric and Garlic, Cream Cashew Nut Cheese with Chives, and Cream Cashew Nut Alternative Cheese
- Brand Characteristics: Aged cheese flavor, organic, and raw
- Where to Purchase: Independent grocery stores, online <http://www.dr-cow.com/stockist/>

#### Treeline:

- Products-
  - Spread: Scallion French-Style Soft Cheese, Chipotle-Serrano French-Style Soft Cheese, Green Peppercorn French-Style Soft Cheese, Herb-Garlic French-Style Soft Cheese
  - Block: Classic Aged Nut Cheese, Cracked Pepper Aged Nut Cheese
- Brand Characteristics: Good quality, variety of flavors, fresh ingredients
- Where to Purchase: In over 600 grocery stores, including Whole Foods  
<http://www.treelinecheese.com/where-to-buy/>

#### Go Veggie:

- Products-
  - Slices: Vegan Cheddar Singles, Vegan American Singles, Vegan Pepperjack Singles, Vegan Mozzarella Singles
  - Shreds: Vegan Mozzarella Shreds, Vegan Cheddar Shreds, Vegan Mexican Shreds
  - Cream Cheese: Vegan Classic Plain Cream Cheese, Vegan Chive & Garlic Cream Cheese, Vegan Strawberry Cream Cheese
  - Grate/Flakes: Vegan Parmesan Grated Topping
- Brand Characteristics: Available at many stores/ popular, melts easily
- Where to Purchase: Whole Foods and other health food supermarkets.  
<http://goveggiefoods.com/where-to-buy/?gclid=CKDBwfTH7M4CFYxahgodRQgI0w>

#### Field Roast Chao:

- Products-
  - Slices: Creamy Original Chao Slices, Tomato Cayenne Chao Slices, Coconut Herb Chao Slices
- Brand Characteristics: Cool flavors, good on sandwiches, convincing texture
- Where to Purchase: Whole foods and other health food supermarkets.  
<http://fieldroast.com/where-to-buy/>

#### Nacheez:

- Products-
  - Sauce: Nacheez Mild, Nacheez Medium, Nacheez Spicy
- Brand Characteristics: Flavorful, smooth, creamy, soy-free, gluten-free
- Where to Purchase: online and in limited natural foods stores (mostly in CA)

[http://www.nacheez.com/?page\\_id=379](http://www.nacheez.com/?page_id=379)

#### Parma!:

- Products-
  - Seasoning/flakes: Vegan Parmesan Cheese Alternative, Chipotle Cayenne Parma!, Garlicky Green Parma!
- Brand Characteristics: Unique, made with simple ingredients
- Where to Purchase: Online, specialty grocery stores  
[http://www.eatparma.com/where\\_to\\_buy.html](http://www.eatparma.com/where_to_buy.html)

#### The Vegetarian Express:

- Products-
  - Flakes: Parma Zaan Sprinkles
- Brand Characteristics: All-natural
- Where to Purchase: Online <https://www.thevegetarianexpress.com/pages/stores>

#### Teese:

- Products-
  - Block - Mozzarella Cheese, Nacho Cheese Sauce, Creamy Cheddar Cheese Sauce, Cheddar Cheese
- Brand Characteristics: Flavor-packed, saucy texture, great for melting, good quality but not too expensive
- Where to Purchase: Online and in some Whole Foods stores

#### Fauxmage:

- Products-
  - Spread: Olive & Rosemary, Chipotle, Herbes de Provence, Sundried Tomato Basil, Rooster Spice
- Brand Characteristics: raw, unique flavors, amazing texture, soft
- Where to Purchase: Online and limited natural foods stores in WA  
<http://fauxmage.net/where-to-buy/>

#### Miyoko's Kitchen:

- Products-
  - Block: Fresh VeganMozz, Aged English Sharp Farmhouse, Aged English Smoked Farmhouse, High Sierra Rustic Alpine, Country Style Herbes de Provence, French Style Winter Truffle
  - Sauce: Heat-and-Serve Cheddar Cheese-Style Sauce
  - Spread: Classic Double Cream Chive, Double Cream Sundried Tomato Garlic, Double Cream, Garlic and Herb
- Brand Characteristics: Creamy, unique, artistic, and high quality
- Where to Purchase: Online or at Whole Foods  
<http://shop.miyokoskitchen.com/pages/our-retail-locations>

### Leaf Cuisine:

- Products-
  - Spread: Probiotic Cashew Spread - Peppery Jack, Probiotic Cashew Spread - Smoked Gouda, Probiotic Cashew Spread - Garlicky Herb
  - Cream Cheese: Not Cream Cheese Spread - Onion Chive, Not Cream Cheese Spread - Jalapeno & Lime, Not Cream Cheese Spread - Plain
- Brand Characteristics: Smooth, creamy, tangy
- Where to Purchase: Whole Foods and online <http://www.leaforganics.com/finding-leaf-cuisine/>

### Sheese:

- Products-
  - Spread: Creamy Cheese Original, Cheddar Style Spread Creamy Sheese, Creamy Sheese Chives, Creamy Sheese Garlic & Herb, Cream Cheese Spring Onion, Creamy Sheese Sweet Chilli
  - Block: Sheese Blue Style, Sheese Mature Cheddar Style, Sheese Mild Cheddar Style, Sheese Red Cheddar Style, Sheese Smoked Cheddar Style, Sheese Strong Cheddar Style, Sheese White Cheddar Style, Sheese Edam Style, Sheese Gouda Style, Sheese Greek Style, Sheese Cheddar Style with Caramelized Red Onion, Sheese Wensleydale Style with Cranberries
  - Slices: Sheese Mozzarella Style Slices, Sheese Mature Cheddar Style Slices, Sheese White Cheddar Style Slices
- Brand Characteristics: Soft, melts easily, authentic, flavorful
- Where to Purchase: Online and Holland & Barrett <http://www.buteisland.com/where-to-buy>

### Heidi Ho Veganics:

- Products-
  - Spread: Smoky Chia Cheeze, Spicy! Chia Cheeze, Creamy Chia Cheeze
  - Block - Ne Chèvre - Pure, Ne Chèvre - Black Lava
- Brand Characteristics: Nutty, flavorful, good texture
- Where to Purchase: Whole Foods or online

### Punk Rawk Labs:

- Products-
  - Block: Cashew Original, Cashew Herb, Cashew Smoked, Nacho
- Brand Characteristics: High quality, fun packaging, cool flavors, higher end
- Where to Purchase: Online or in specialty/independent grocery stores  
<http://punkrawklabs.net/nut-milk-cheeses.html>

### Ste Martaen:

- Products-
  - Block: Muenster, Colby, Pepper Jack, Olive, Smoked Gouda
- Brand Characteristics: Interesting flavors, grainy texture, nutty, melts well
- Where to Purchase: Online <http://stemartaen.com/locations/>

## Let Thy Food:

- Products-
  - Dip: Chedd'r Bac'n Dip, Chile con Queso, Spinach Artichoke Dip
- Brand Characteristics: Packed with flavor, rich and creamy
- Where to Purchase: Limited health food stores and online <http://letthyfood.com/where-to-buy/>

## **Comparison tables:**

Note: Dairy items are listed in red below for comparison purposes.

<b>Format</b>	<b>Product Name</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Protein</b>	<b>Fat</b>	<b>Saturated Fat</b>	<b>Sodium</b>
<b>SHREDS</b>	Daiya Style Shreds	1/4 cup (28 g)	90	1 g	6 g	2 g	250 mg
	Follow Your Heart Shreds	1/4 cup (28 g)	70	0 g	6 g	3.5 g	230 mg
	Go Veggie Shreds						
	Mozzarella	1/4 cup (28 g)	80	1 g	6 g	0 g	280 mg
	Go Veggie Shreds other flavors	1/4 cup (28 g)	90	0 g	6 g	0.5 g	280 mg
	<b>Kraft Cheddar Cheese Shreds</b>	1/4 cup (28 g)	110	6 g	9 g	6 g	170 mg
<b>SLICES</b>	Daiya Cheddar Style Slices	1 slice (20 g)	60	1 g	4.5 g	4 g	135 mg
	Daiya Slices other flavors	1 slice (20 g)	70	1 g	5 g	2 g	90 mg
	Tofutti Slices	1 slice (19 g)	90	2 g	6 g	3 g	290 mg
	Follow Your Heart Slices	1 slice (20 g)	60	0 g	4.5 g	4 g	180 mg
	Go Veggie Slices (all flavors)	1 slice (19 g)	35	1 g	2 g	0 g	150 mg
	Field Roast Chao Slices	1 slice (20 g)	60	0 g	4.5 g	4 g	180 mg
	Sheese Mozzarella Style Slices	20 g	52	.5 g	4 g	4 g	300 mg
	Sheese Mature Cheddar Style Slices	20 g	60	1 g	5 g	4 g	350 mg
	Sheese White Cheddar Style Slices	20 g	60	1 g	5 g	4 g	350 mg
	<b>Kraft Deluxe Deli American Sliced Cheese</b>	1 slice (19 g)	70	3 g	0 g	3.5 g	300 mg
<b>BLOCKS</b>	Daiya Jalapeño Harvarti Style Block	1 oz (28 g)	90	1 g	6 g	3 g	190 mg
	Daiya Medium Cheddar and Monterey Jack Block						
	Daiya Smoked Gouda Style Block	1" cube (28 g)	80	1 g	6 g	4.5 g	200 mg
	Treeline Classic Aged Nut Cheese	1" cube (28 g)	80	1 g	6 g	4.5 g	180 mg
	Treeline Cracked Pepper Aged Nut Cheese	1 oz (28 g)	140	5 g	11 g	2 g	125 mg
	Dr. Cow cheese blocks	1 oz (28 g)	146	5.4 g	11.5 g	2.3 g	160 mg
	Teese Mozzarella and Cheddar Cheese	28 g	70	0 g	5 g	4.5 g	170 mg
	Teese Nacho Cheese Sauce and Creamy Cheddar	28 g	70	0 g	5 g	4.5 g	160 mg
	Miyoko's Kitchen Fresh VeganMozz	1 oz (28 g)	67	1 g	7 g	5 g	67 mg
	Miyoko's Kitchen Aged English Sharp Farmhouse	1 oz (28 g)	130	5 g	10 g	1.5 g	170 mg

Miyoko's Kitchen Aged English Smoked Farmhouse	1 oz (28 g)	130	4 g	10 g	1.5 g	150 mg
Miyoko's Kitchen High Sierra Rustic Alpine	1 oz (28 g)	150	4 g	12 g	4.5 g	270 mg
Miyoko's Kitchen Country Style Herbes de Provence	1 oz (28 g)	120	4 g	10 g	1.5 g	150 mg
Miyoko's Kitchen French Style Winter Truffle	1 oz (28 g)	100	2 g	9 g	6 g	50 mg
Heidi Ho Veganics (all flavors)	1 oz (28 g)	80	3 g	6 g	1 g	40 mg
Ste Martaen (all other flavors)	1 oz (28 g)	31	1 g	2 g	0 g	160 mg
Ste Martaen Colby	1 oz (28 g)	28	1 g	2 g	0 g	160 mg
Punk Rawk Labs Cashew Original	28 g	136	5 g	11 g	2 g	260 mg
Punk Rawk Labs Cashew Herb	28 g	177	2 g	19 g	3 g	260 mg
Punk Rawk Labs Cashew Smoked	28 g	157	3 g	15 g	3 g	260 mg
Punk Rawk Labs Nacho Sheese Blue Style, Mild Cheddar Style	28 g	80	1.7 g	5.4 g	4.6 g	756 mg
Sheese Mature Cheddar Style	28 g	86	1 g	6.9 g	5.7 g	504 mg
Sheese Red Cheddar Style	28 g	80	1.8 g	5.4 g	4.6 g	924 mg
Sheese Smoked Cheddar Style	28 g	80	1.8 g	5.3 g	4.6 g	700 mg
Sheese Strong Cheddar Style	28 g	81	1.7 g	5.4 g	4.6 g	670 mg
Sheese White Cheddar Style	28 g	84	.9 g	6.6 g	5.5 g	476 mg
Sheese Edam Style, Gouda Style	28 g	84	1.7 g	5.7 g	4.7 g	728 mg
Sheese Greek Style, Wensleydale Style with Cranberries	28 g	84	.2 g	6.7 g	5.6 g	504 mg
Sheese Cheddar Style with Caramelized Red Onion	28 g	86	1 g	6.9 g	5.7 g	504 mg
Kraft Natural Mild Cheddar Cheese Block	1 oz (28 g)	110	6 g	10 g	6 g	180 mg

**DIPS AND SPREADS**

Treeline Scallion French-Style Soft Cheese	1 oz (28 g)	90	4 g	11 g	1.5 g	95 mg
Tree Line Chipotle-Serrano Pepper French-Style Soft Cheese	1 oz (28 g)	90	4 g	7 g	1.5 g	100 mg
Tree Line Green Peppercorn French-Style Soft Cheese	1 oz (28 g)	90	4 g	7 g	1.5 g	95 mg
Tree Line Herb-Garlic French-Style Soft Cheese	1 oz (28 g)	90	4 g	11 g	1.5 g	95 mg
Nacheez Nacho Cheese (all flavors)	1 oz (28 g)	17	less than 1 g	1 g	less than 1 g	162 mg
Fauxmage Olive & Rosemary Spread	1 oz (28 g)	110	4 g	8 g	1.5 g	260 mg
Fauxmage Chipotle Spread	1 oz (28 g)	110	4 g	8 g	1.5 g	200 mg
Fauxmage Herbes de Provence Spread	1 oz (28 g)	110	4 g	8 g	1.5 g	190 mg
Fauxmage Sundried Tomato Basil Spread	1 oz (28 g)	120	4 g	9 g	1.5 g	180 mg
Fauxmage Rooster Spice Spread	1 oz (28 g)	120	8 g	8 g	1.5 g	180 mg
Miyoko's Kitchen Classic Double Cream Chive Spread	1 oz (28 g)	130	3 g	11 g	6 g	80 mg



Miyoko's Kitchen Double Cream Sundried Tomato Garlic Spread	1 oz (28 g)	120	3 g	10 g	5 g	105 mg
Miyoko's Kitchen Double Cream Garlic and Herb Spread	1 oz (28 g)	150	3 g	13 g	7 g	190 mg
Miyoko's Kitchen Heat-and-serve Cheddar Style Cheese Sauce	1 oz (28 g)	46	1 g	4 g	2 g	109 mg
Leaf Cuisine Probiotic Cashew Spreads (all flavors)	1 oz (28 g)	70	2 g	6 g	2.5 g	80 mg
Heidi Ho Vegan Smoky Chia Cheeze Spread	1 oz (28 g)	50	1 g	4.5 g	0 g	150 mg
Heidi Ho Vegan Spicy! Chia Cheeze Spread and Creamy Chia Cheeze Spread	1 oz (28 g)	50	1 g	4 g	0 g	150 mg
Let Thy Food Chedd'r Bac'n Dip	1 oz (28 g)	45	1 g	3.5 g	1.5 g	280 mg
Let Thy Food Chile Con Queso Dip	1 oz (28 g)	70	2 g	2 g	.5 g	200 mg
Let Thy Food Spinach Artichoke Dip	1 oz (28 g)	40	1 g	2.5 g	0 g	150 mg
Velveeta Cheese Spread, 2% Milk	1 oz (28 g)	60	5 g	3 g	1.5 g	390 mg

**PARMESAN**

Parma! (all flavors)	2 tsp (5 g)	20	1g	1.5 g	0 g	35 mg
The Vegetarian Parma Zaan Sprinkles	2 tsp (5 g)	31	1.3 g	2.7 g	0 g	55 mg
Go Veggie Vegan Parmesan	2 tsp (5 g)	20	1 g	1 g	1 g	95 mg
Follow Your Heart Vegan Parmesan flakes	2 tsp (5 g)	20	0 g	1.5 g	.5 g	90 mg
Follow Your Heart Vegan Parmesan shreds	2 tsp (5 g)	15	0 g	1.1 g	.5 g	47 mg
Kraft Parmesan Cheese	2 tsp (5 g)	20	2 g	1.5 g	1 g	75 mg

**RICOTTA**

Kite Hill Ricotta	1/4 cup (62 g)	155	6.6 g	13.2 g	0g	198 mg
Tofutti Better Than Cheese Ricotta	1/4 cup (62 g)	100	2 g	7 g	3.5 g	150 mg
Sorrento Whole Milk Ricotta Cheese	1/4 cup (62 g)	110	5 g	9 g	5 g	75 mg

**CREAM CHEESE**

Daiya plain	2 tbsp	90	1g	8g	4g	230mg
Daiya strawberry	2 tbsp	90	1g	6g	3.5g	190mg
Daiya chive & onion	2 tbsp	90	1g	7g	4g	220mg
Tofutti (all flavors)	2 tbsp	60	1g	5g	2g	120mg
Follow Your Heart plain	2 tbsp	90	2g	9g	3g	120 mg
Kite Hill (all flavors)	2 tbsp	78	3g	6g	0g	170mg
Go Veggie plain	2 tbsp	80	1g	8g	4.5g	110mg
Go Veggie chive & garlic	2 tbsp	80	1g	8g	3.5g	105mg
Go Veggie Strawberry	2 tbsp	80	1g	7g	1g	95mg
Leaf Cuisine (all flavors)	2 tbsp	60	2g	4.5g	1g	150mg
Sheese original, chives, and garlic & herbs flavors	2 tbsp	80	1.7g	7.8g	6.4g	336mg

Sheese cheddar	2 tbsp	73	2.2g	6.5g	5.6g	532mg
Sheese spring onion & cracked black pepper	2 tbsp	78	1.7g	7.5g	5.9g	336mg
Sheese sweet chili	2 tbsp	77	1.8g	7.1g	6.1g	448mg
Kraft Philadelphia Cream Cheese	2 tbsp (24 g)	80	1 g	8 g	5 g	90 mg