Ingredients:

Goat Cheese [pasteurized cultured goats' milk (culture contains milk), salt, enzymes], Everything Seasoning Blend (dried onion and garlic, spices, poppy seed, flax seed, paprika). CONTAINS: Milk

Nutrition Facts servings per container: 4, Serving size 1 oz. (28g), Amount per serving: Calories 90, Total Fat 7g (9% DV), Sat Fat 4.5g (23% DV), Trans Fat 0g, Cholest 20mg (7% DV), Sodium 105mg (5% DV), Total Carb. 2g (1% DV), Fiber 0g (0% DV), Total Sugars 1g (Includes 0g Added Sugars, 0% DV), Protein 4g, Vit D 0mcg (0% DV), Calcium 23mg (2% DV), Iron 0mg (0% DV), Potas 46mg (0% DV). The % Dally Value (DV) talls you how much a nutrient in a serving of food contributes to a delly diet.