

Labneh Jerush

- Labneh Cheese contains a good amount of protein and fat, plus micronutrients like calcium and vitamin A. Labneh also offers a small amount of several other vitamins and minerals, including phosphorus, potassium and magnesium.



NUTRITIONAL FACTS

Nutritive value	Serving Per 28 grams of Labneh Cheese
Calories	80
Protein	5g
Fat	6g
Sodium	530 mg (23% of the RDI)
calcium	14% of the RDI
Vitamin A	6% of the RDI
Iron	2% of the RDI