

The Laughing Cow light and Extra Light range

The Laughing Cow Light Range offers a variety of tastes, flavours and fat content to suit your every need

Extra Light – low in fat, low in saturated fat



	Per (17.5g) portion	Per 100g
Kjoules/ kcal s	82/ 20	470/ 112
Fat (g)	0.4	2
Saturated fat (g)	0.2	1.3

Light – our best-seller



	Per (17.5g) portion	Per 100g
Kjoules/ kcal s	106/ 25	610/ 145
Fat (g)	1.2	7.2
Saturated fat (g)	0.8	4.5

A lighter indulgence...



	Per (16g) portion	Per 100g
Kjoules/ kcal s	102/ 25	640/ 155
Fat (g)	1.5	9.5
Saturated fat (g)	1.0	6.5



	Per (16g) portion	Per 100g
Kjoules/ kcal s	105/ 25	640/ 155
Fat (g)	1.5	9.5
Saturated fat (g)	1.0	6.5

Mini Babybel Light

Mini Babybel Light natural cheese has half the fat but all the taste of Mini Babybel Original. It is rich in calcium and contains only 42 calories per cheese.



	Per (20g) portion	Per 100g
Kjoules/ kcal s	174/ 42	870/ 208
Fat (g)	2.4	12
Saturated fat (g)	1.6	8

Leerdammer Light

Leerdammer light contains half the fat of a typical cheddar.



	Per (20g) slice	Per 100g
Kjoules/ kcal s	226/ 54	1130/ 271
Fat (g)	3.4	17
Saturated fat (g)	2.3	11.5

Boursin Light

The lighter way for Boursin-o-philés to indulge.



	Per (30g) serving	Per 100g
Kjoules/ kcal s	168/ 41	560/ 135
Fat (g)	2.7	9
Saturated fat (g)	1.8	6

