

PRODUCT – 4% SMALL CURD COTTAGE CHEESE

Nutrition Facts			
Serving Size 1/2 Cup (114g)			
Servings Per Container			
Amount Per Serving			
Calories 100		Calories from Fat 45	
% Daily Value*			
Total Fat 5g		8%	
Saturated Fat 3g		15%	
Trans Fat 0g			
Cholesterol 25mg		8%	
Sodium 480mg		20%	
Total Carbohydrate 5g		2%	
Dietary Fiber 0g		0%	
Sugars 4g			
Protein 11g		22%	
Vitamin A 4%	•	Vitamin C	2%
Calcium 8%	•	Iron	0%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Skim milk, milk, cream, lactose, salt, stabilizer (maltodextrin, guar gum, mono and diglycerides, xanthan gum, carrageenan, carob bean gum), citric acid, carbon dioxide and potassium sorbate (maintain freshness), cheese cultures.

Contains: milk