

4% Large Curd Cottage Cheese OFFICIAL

INGREDIENTS: Skim Milk, Milk, Cream, Lactose, Salt, Stabilizer (Guar Gum, Mono and Diglycerides, Xanthan Gum, Carrageenan, Carob Bean Gum), Citric Acid, Carbon Dioxide and Potassium Sorbate (maintain freshness), Nonfat Dry Milk, Cheese Cultures.

Nutrition Facts	
servings per container	
Serving size	1/2 Cup (114g)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 450mg	20%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 1g Added Sugars	2%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 0.1mg	0%
Potassium 130mg	2%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Contains Milk.

12/14/2018