

# Mix-ins™ Cottage Cheese – Strawberries & Almonds

**Serving Size:** 1 container (5.3oz)

**Servings Per Container:** 1

**Ingredients:** Cultured skim milk, strawberries, water, sugar, cream, salt, corn starch, natural flavors, plant based gums (guar and locust bean), citric acid, vegetable juice concentrate (for color), carbon dioxide and potassium sorbate (to preserve freshness), xanthan gum, vitamin A palmitate, enzyme. Almonds. Contains: almonds, milk. May contain pecan (tree nuts).

<b>Amount Per Serving</b>			
Calories 210			Calories from Fat
			<b>% Daily Value</b>
<b>Total Fat 9g</b>			<b>12%</b>
Saturated Fat 2g			10%
Trans Fat 0g			
<b>Cholesterol 15mg</b>			<b>5%</b>
<b>Sodium 420mg</b>			<b>18%</b>
<b>Potassium mg</b>			<b>4%</b>
<b>Total Carbohydrate 16g</b>			<b>6%</b>
Dietary Fiber 2g			8%
Sugars 11g			
<b>Protein 17g</b>			
<b>Vitamin A 6%</b>			<b>Calcium 10%</b>
<b>Vitamin C 0%</b>			<b>Iron 4%</b>
<b>Vitamin D 0%</b>			
	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
<b>Total Fat</b>	<b>Less than</b>	<b>65g</b>	<b>80g</b>
<b>Saturated Fat</b>	<b>Less than</b>	<b>20g</b>	<b>25g</b>
<b>Cholesterol</b>	<b>Less than</b>	<b>300mg</b>	<b>300mg</b>
<b>Sodium</b>	<b>Less than</b>	<b>2,400mg</b>	<b>2,400mg</b>
<b>Total Carbohydrates</b>		<b>300g</b>	<b>375g</b>
<b>Dietary Fiber</b>		<b>25g</b>	<b>30g</b>
<b>Calories per gram</b>			

**Fat 9**

**Carbohydrate 4**

**Protein 4**

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\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.