

Mix-ins™ Cottage Cheese – Peaches & Pecans

Serving Size: 1 container (5.3oz)

Servings Per Container: 1

Ingredients: Cultured skim milk, peaches, water, sugar, cream, salt, corn starch, plant based gums (guar and locust bean), natural flavors, citric acid, carbon dioxide and potassium sorbate (to preserve freshness), annatto (for color), sodium citrate, xanthan gum, vitamin A palmitate, enzyme. Pecans. Contains: pecans, milk. May contain almonds (tree nuts).

Amount Per Serving			
Calories 230		Calories from Fat	
			% Daily Value
Total Fat 12g			16%
Saturated Fat 2.5g			12%
Trans Fat 0g			
Cholesterol 15mg			5%
Sodium 240mg			18%
Potassium mg			4%
Total Carbohydrate 15g			5%
Dietary Fiber 2g			7%
Sugars 12g			
Protein 15g			
Vitamin A 6%			Calcium 10%
Vitamin C 0%			Iron 4%
Vitamin D 0%			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g
Calories per gram			

Fat 9

Carbohydrate 4

Protein 4

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