

Cottage Cheese

Serving Size: 1/2 cup (105g)

Servings Per Container: 4

Ingredients: Cultured fat free milk, milk, cream, grade A whey salt, nonfat milk solids, guar, potassium sorbate, natural flavor, lecithin, mono and diglycerides, citric acid, carrageenan, locust bean gum, corn starch, sodium and potassium phosphates, enzymes & carbon dioxide (to preserve freshness). Comments: Gluten free, does not contain live bacteria or cultures. Mono Diglycerides is made from a vegetable derivative not animal based.

Amount Per Serving			
Calories 110		Calories from Fat 45	
		% Daily Value`	
Total Fat 5g			7%
Saturated Fat 3g			15%
Cholesterol 25mg			8%
Sodium 440mg			18%
Potassium 200mg			18%
Total Carbohydrate 6g			2%
Dietary Fiber 0g			0%
Sugars 5g			
Protein 11g			
Vitamin A 4%			Vitamin C 0%
Calcium 10%			Iron 0%
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	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 Carbohydrate		300mg	375mg
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.