

# 5# Low Fat Cottage Cheese

## 1% Milkfat

| <b>Nutrition Facts</b>   |                |                      |         |
|--|----------------|----------------------|---------|
| Serving Size ½ Cup (113 g)   |                |                      |         |
| Servings Per Container about 20  |                |                      |         |
| Amount Per Serving   |                |                      |         |
| <b>Calories</b> 80   |                | Calories from Fat 10 |         |
|  |                | % Daily Value*       |         |
| <b>Total Fat</b> 1 g   |                |                      | 2 %     |
| Saturated Fat 1 g  |                |                      | 4 %     |
| Trans Fat 0 g  |                |                      |         |
| <b>Cholesterol</b> 10 mg   |                |                      | 3 %     |
| <b>Sodium</b> 410 mg   |                |                      | 17 %    |
| <b>Total Carbohydrate</b> 6 g  |                |                      | 2 %     |
| Dietary Fiber 0 g  |                |                      | 0 %     |
| Sugars 5 g   |                |                      |         |
| <b>Protein</b> 13 g  |                |                      | 25 %    |
| Vitamin A 4 %  |                | Vitamin C 2 %        |         |
| Calcium 10%  |                | Iron 0%              |         |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |                |                      |         |
|  | 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   |                | 300 g                | 375g    |
| Dietary Fiber  |                | 25g                  | 30g     |
| Protein  |                | 50g                  | 65g     |
| Calories per gram:   |                |                      |         |
| Fat 9  | Carbohydrate 4 | Protein 4            |         |

Ingredients: Cultured Nonfat Milk, Milk, Milk Whey, Nonfat Dry Milk, Guar Gum, Potassium Sorbate (Preservative), Mono and Diglycerides, Citric Acid, Carrageenan, Locust Bean Gum, Corn Starch, Sodium Phosphate (Tetrasodium Pyrophosphate), Monopotassium Phosphate, Salt, Cream, Natural and Artificial Flavorings, Vitamin A Palmitate, Sodium Benzoate (Preservatives), Enzymes.