

**REGULAR COTTAGE CHEESE  
SMALL CURD**

**NUTRITION FACTS**

Serving Size: 1/2 cup (113 ml)  
Servings Per Container

**Amount Per Serving**

**Calories** 120                      **Calories from Fat** 45

**% Daily Value\***

<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 3g	<b>16%</b>
Trans Fat 0g	

<b>Cholesterol</b> 15mg	<b>6%</b>
-------------------------	-----------

<b>Sodium</b> 400mg	<b>17%</b>
---------------------	------------

<b>Total Carbohydrate</b> 2g	<b>2%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 4g	

<b>Protein</b> 13g	<b>0%</b>
--------------------	-----------

<b>Vitamin A</b> 4%	<b>Vitamin C</b> 2%
---------------------	---------------------

<b>Calcium</b> 10%	<b>Iron</b> 0%
--------------------	----------------

**INGREDIENTS:**

CULTURED PASTURIZED NONFAT MILK, MILK & CREAM, SALT, WHEY, MONO-DYGLYCERIDES, MODIFIED FOOD STARCH (CORN), CALCIUM PHOSPHATE, CARBON DIOXIDE (TO MAINTAIN FRESHNESS), CITRIC ACID, GUAR GUM, CARRAGEENAN, CALCIUM SULFATE, SODIUM AND POTASSIUM PHOSPHATE AND ENZYMES.

\*Percent Daily Values are based on a 2000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.