

LOWFAT COTTAGE CHEESE

NUTRITION FACTS

Serving Size: 1/2 cup (113 ml)

Servings Per Container

Amount Per Serving

Calories 100

Calories from Fat 45

% Daily Value*

Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	

Cholesterol 10mg	3%
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Sodium 380mg	16%
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Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Sugars 4g	

Protein 13g	0%
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Vitamin A 4%	Vitamin C 2%
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Calcium 10%	Iron 0%
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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, LOCUST BEAN GUM, CARRAGEENAN, CALCIUM SULFATE, SODIUM AND POTASSIUM PHOSPHATE, VITAMIN A PALMATE 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.