

COTTAGE CHEESE

PURITY CULTURED PRODUCTS

Nutrition Facts

Serving Size 1/2 cup (113g)

Servings Per Container

Amount Per Serving

Calories 120 **Calories from Fat** 40

% Daily Value*

Total Fat 5g **7%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 520mg **22%**

Total Carbohydrate 5g **2%**

Dietary Fiber 0g **0%**

Sugars 5g

Protein 13g **26%**

Vitamin A 4% • Vitamin C 2%

Calcium 10% • Iron 0%

* Percent Daily Values are based on a 2000 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Grade A cultured nonfat milk, milk, cream, lowfat cultured buttermilk (cultured nonfat milk, cream, salt, food starch - modified, locust bean gum, mono and diglycerides, carrageenan, dextrose, sodium citrate, vitamin A palmitate, vitamin D3), nonfat milk, salt, guar gum, carrageenan, xanthan gum, soy lecithin, calcium sulfate, mono and diglycerides, natural and artificial flavor, phosphoric acid, polysorbate 80, enzymes, culture.

Contains: milk. soy.