

# COTTAGE CHEESE

4% MILKFAT

## Nutrition Facts

Serving Size 4 oz (113g)

### Amount Per Serving

**Calories** 110      Cal from Fat 45

**% Daily Value\***

**Total Fat** 5g      **8%**

Saturated Fat 3g      **15%**

*Trans* Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 1.5g

**Cholesterol** 25mg      **8%**

**Sodium** 320mg      **13%**

**Potassium** 150mg      **4%**

**Total Carbohydrate** 5g      **2%**

Dietary Fiber 0g      **0%**

Sugars 4g

**Protein** 11g      **22%**

Vitamin A 4% • Vitamin C 2% • Calcium 10%

Iron 0% • Vitamin D 0% • Riboflavin 10%

Phosphorus 4% • Vitamin B12 10%

\*Percent Daily Values are based on a 2,000 calorie diet.

Cultured Pasteurized Grade A Fat Free Milk, Cream, Whey, Salt, Maltodextrin, Citric Acid, Lactic Acid, Phosphoric Acid, Potassium Chloride Sodium Gluconate, Guar Gum, Carageenan, Modified Corn Starch, Carob Bean Gum, Potassium Sorbate (For freshness)