

# Low Fat Cottage Cheese

**Serving Size: 1/2 cup (113g)**

## Nutrition Facts

<b>Amount per serving</b>	<b>% Daily Value*</b>
<b>Calories</b> 90	
<b>Total Fat</b> 2g	3%
<b>Saturated Fat</b> 1g	5%
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 10mg	3%
<b>Sodium</b> 320mg	14%
<b>Total Carbohydrate</b> 5g	2%
<b>Dietary Fiber</b> 0g	0%
<b>Total Sugars</b> 4g	
<b>Added Sugars</b> 0g	0%
<b>Protein</b> 13g	
<b>Vitamin D</b> 0.1mcg	0%
<b>Calcium</b> 120mg	10%
<b>Iron</b> 0mg	0%
<b>Potassium</b> 110mg	2%
<b>Vitamin A</b> 60mcg	6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Ingredients

Cultured Pasteurized Nonfat Milk, Milk, Cream, Sea Salt, Stabilizer (Nonfat Milk, Locust Bean Gum, Agar), Vitamin A Palmitate, Carbon Dioxide (To Maintain Freshness).

**Contains: Milk**

