

Low Fat Cottage Cheese

Serving Size: 1/2 cup (113g)

Nutrition Facts

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

