GRAND RAPIDS

COTTAGE CHEEESE LOWFAT, INSTITUTIONAL PACKAGE

Nutrition Facts

Serving Size 1/2 cup (113 g)
Servings Per Container

Amount Per Serving

Calories 90 Calories from Fat 10

	% Daily Value*
Total Fat 1g	**2%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 490mg	**20%**
Potassium 180mg	**5%**
Total Carbohydrate 5g	**2%**
Dietary Fiber less than 1g	**2%**
Sugars 4g	
Protein 13g	**27%**

Vitamin A 6% • 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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Brands
COUNTRY FRESH
GORDON FOOD SERVICE

INGREDIENTS: cultured nonfat milk, milk, nonfat milk, contains less than 2% of the following: salt, tapioca starch, titanium dioxide(artificial color),guar gum, mono & diglycerides, locust bean gum, carrageenan, polysorbate 80, potassium sorbate (preservative), lactic acid, citric acid, acetic acid, natural and artificial flavors, vitamin A palmitate and microbial enzymes.

Contains: milk

COMMENTS: Contains Milk

For Information Purposes Only.
This formula contains food allergen ingredients.

LLOYD WARD PRODUCTION FORMULA Formula # 23249 11/14/2009 Status: APPROVED
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