

**GFS Low-Fat Small Curd Cottage Cheese, Grade A, 1% Milk Fat, 5 Lb Tub, 4/Case**

Item Number: 329487



This quality cottage cheese is made from small skim milk curds, which are blended with a mixture of cream and salt to create a fresh and natural taste ideal for a variety of applications.

4/Case

\$24.91
\$0.08/oz

QTY

NutritionBased On: Rounding: **Ingredients**

Grade A cultured nonfat milk, milk, salt, contains less than 2% of the following (tapioca starch, potassium sorbate (A preservative), artificial color, guar gum, mono and diglycerides, locust bean gum, carrageenan, polysorbate 80, natural and artificial flavors, vitamin A palmitate, enzymes). COMMON ALLERGENS PRESENT: Milk. Nutrition and Ingredient statement updated November 2013. The ingredient and nutrition information provided here reflects the current information provided to GFS by its suppliers. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.

Nutrition Facts

Serving Size 0.5 cup (113g)	
Amount Per Serving	
Calories 80	Calories From Fat 9
% Daily Value *	
Fat 1g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 10mg	3%
Sodium 440mg	18%
Potassium	n/a
Carbohydrates 5g	2%
Fiber 0g	n/a
Sugar 4g	
Protein 14g	28%
Vitamin A IU 4% Vitamin C 0% Calcium 10% Iron 0%	
* Based on a 2000 calories diet	
Calories Per Gram:	
Fat: 9 Carbohydrates: 4 Protein: 4	

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	0 mg

Updated For New Final Rule:

Meat/Meat Alternative	n/a
Grain/Breads	n/a
Fruit	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	200 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	100 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Additional Images