



Non-fat Cottage Cheese

This product is Kosher Certified

Brands - Plains

Sizes - 24oz

Ingredients - Cultured Nonfat Milk, Milk, Nonfat Milk, Contains less than 2% of: Whey, Artificial Color, Guar Gum, Potassium Sorbate (preservative), Citric Acid, Locust Bean Gum, Carageenan, Polysorbate 80, Sodium Phosphate, (Tetrasodium Pyrophosphate), monopotassium phosphate, salt, Natural and Artificial Flavor, Vitamin A palmitate, Enzymes.

Nutritional Facts

Serving Size $\frac{1}{2}$ Cup (113ml)

Amount Per Serving

Calories 80 Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g 0%

Cholesterol 5mg 2%

Sodium 480mg 20%

Total Carbohydrate 7g 2%

Dietary Fiber 0g 0%

Sugars 6g

Protein 13g 25%

Vitamin A 4% Vitamin C 0%

Calcium 15% Iron 0%

Vitamin D 0%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



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