

222038 - Upstate Farms Cottage Cheese 4% Small Curd 5lb



Modern tastes demand healthy options with full flavor, and more customers are finding their way back to delicious, nutritious cottage cheese. Packed with 12 grams of protein per 4 ounce serving, Upstate Farms cottage cheese is versatile enough to infuse nutrition into recipes for any occasion. Enjoy the unwavering dedication to quality found in every spoonful of Upstate Farms ...



MARKETING

Gluten Free. Excellent source of protein. Delicious and healthy

Nutrition Facts

20 Servings per container

Serving Size 1/2 cup

Amount Per Serving

Calories **110**

% Daily Value*

| | |
|--------------------------------|------------|
| Total Fat 5 | 6% |
| Saturated Fat 2.5 g | 13% |
| Trans Fat 0 g | |
| Cholesterol 20 mg | 7% |
| Sodium 400 mg | 17% |
| Total Carbohydrates 5 g | 2% |
| Dietary Fiber 0 g | 0% |
| Total Sugars 4 g | |
| Includes 0 g Added Sugars | 0% |
| Protein 12 g | |

Vitamin D 0 mcg 0%

Calcium 100 mg 8%

Iron 0 mg 0%

Potassium 150 mg 4%

PRODUCT SPECIFICATIONS

| Code | Dist Prod Code | GTIN | Calculated Pack |
|------|----------------|----------------|----------------------|
| 9350 | 222038 | 10078800004051 | 4/5lb UPFARM 4% COTT |

| Brand | Brand Owner | GPC Description |
|---------------|-----------------------------------|---------------------|
| Upstate Farms | Upstate Niagara Cooperative, Inc. | Cheese (Perishable) |

| Gross Weight | Net Weight | Case/Catch Weight | Country Of Origin | Kosher | Child Nutrition |
|--------------|------------|-------------------|-------------------|------------|-----------------|
| 21.5 LBR | 20 LBR | No | United States | Undeclared | No |

| Shipping | | | | | | |
|-----------|-----------|----------|-------------|-------|------------|----------------------|
| Length | Width | Height | Volume | TlxHI | Shelf Life | Storage Temp From/To |
| 12.25 INH | 12.25 INH | 8.25 INH | 1238.01 INQ | 12x6 | 62 Days | 34 FAH / 40 FAH |

ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - C
- Eggs - N
- Soy - N
- Wheat - N
- Sesame - N
- Peanuts - N
- Tree Nuts - N
- Fish - N
- Shellfish - NI

SERVING SUGGESTIONS

Great for salad and fruit buffets and a perfect ingredient to use in recipes.

INGREDIENTS

Cultured Pasteurized Grade A Nonfat Milk, Cream, Whey, Salt, Maltodextrin, Citric Acid, Lactic Acid, Phosphoric Acid, Guar Gum, Carrageenan, Modified Corn Starch, Carob Bean Gum, Potassium Sorbate (for freshness), Enzyme

HANDLING SUGGESTIONS

Keep refrigerated. DO NOT FREEZE. Perishable.

PREPARATION & COOKING SUGGESTIONS

Keep refrigerated until ready to serve.

MORE INFORMATION

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NUTRITIONAL ANALYSIS



| | |
|---------------------|------|
| Calories | 110 |
| Protein | 12 g |
| Total Carbohydrates | 5 g |
| Sugars | 4 g |
| Dietary Fiber | 0 g |
| Lactose | |
| Sucrose | |
| Vitamin A (IU) | 50 |
| Vitamin A (RE) | 50 |
| Vitamin C | |
| Magnesium | |
| Monosodium | |

| | |
|---------------------|-------|
| Total Fat | 5 |
| Trans Fat | 0 g |
| Saturated Fat | 2.5 g |
| Added Sugars | 0 g |
| Polyunsaturated Fat | 0 g |
| Monounsaturated Fat | 0 g |
| Cholesterol | 20 mg |
| Vitamin D | 0 mcg |
| Vitamin E | |
| Folate | |
| Vitamin B-6 | |
| Sulphites | |

| | |
|--------------|--------|
| Sodium | 400 mg |
| Calcium | 100 mg |
| Iron | 0 mg |
| Potassium | 150 mg |
| Zinc | |
| Phosphorus | |
| Thiamin | |
| Niacin | |
| Riboflavin | |
| Vitamin B-12 | |
| Nitrates | |

NUTRITIONAL CLAIMS



| | |
|--------|-----|
| KOSHER | YES |
|--------|-----|

MORE IMAGES

