

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	1007880004051	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

HANDLING SUGGESTIONS

Keep refrigerated. DO NOT FREEZE. Perishable.

SERVING SUGGESTIONS

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

PREPARATION & COOKING SUGGESTIONS

Keep refrigerated until ready to serve.

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

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
- Soybean - N
- Wheat - N
- Sesame - N
- AU - N
- Peanuts - N
- Tree - N
- Fish - N
- Shellfish - NI
- Crustaceans - N
- Mustard - N

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
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MORE IMAGES

