

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%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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	
Traceability Regulation							
Regulation Type Code		Regulatory Act	Trade Item Regulation Compliant			Regulation Restrictions and Descriptors	
TRACEABILITY_REGULATION		FSMA204	TRUE			N/A	

HANDLING SUGGESTIONS



Keep refrigerated. DO NOT FREEZE. Perishable.

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

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

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PREPARATION & COOKING SUGGESTIONS

Keep refrigerated until ready to serve.

SERVING SUGGESTIONS

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

MORE INFORMATION

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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