

222038 - Upstate Farms Cottage Cheese 4% Small Curd

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 3 g	15%
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 110 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	TlxHl	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
- Peanuts - N
- Eggs - N
- Tree Nuts - N
- Soy - N
- Fish - N
- Wheat - N
- Shellfish - NI
- Sesame - N

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



222038 - Upstate Farms Cottage Cheese 4% Small Curd

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 ...



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	3 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	110 mg
Iron	0 mg
Potassium	150 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS



KOSHER	YES
--------	-----

MORE IMAGES

