



Royal Mahout Paneer Cheese 12/12oz – Indian style cheese. does not melt when cooked. Use in your favorite Indian style dishes that call for paneer – saag paneer, tiki masala etc. Traditionally a homemade cheese, Paneer is similar to pressed Ricotta, except the curd is drier and has no salt added. Paneer is among the primary protein sources for hindus and buddhists who adhere to s...



**MARKETING**

Indian style cheese similar to pressed Ricotta. Traditionally a homemade cheese. Use in your favorite Indian style dishes that call for paneer – saag paneer, tiki masala etc.

**Nutrition Facts**

about 23 Servings per container

<b>Serving Size</b>	<b>100.0 GR</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>325</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 23 g	<b>29%</b>
Saturated Fat 16 g	<b>79%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 68 mg	<b>21%</b>
<b>Sodium</b> 33 mg	<b>0%</b>
<b>Total Carbohydrates</b> 5 g	<b>0%</b>
Dietary Fiber 0 g	<b>0%</b>
Total Sugars 0 g	
Includes 0 g Added Sugars	<b>0%</b>

<b>Protein</b> 24 g	
Vitamin D 0 mcg	0%
Calcium 589 mg	54%
Iron 0 mg	0%
Potassium 73 mg	1%

\* 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		GTIN		Pack Description			
639582		10071270394462		12/12 OZ			
Brand		Brand Owner		GPC Description			
Royal Mahout		Gellert Global Group		Cheese (Perishable)			
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition		
9.25 LBR	9 LBR	No	United States	Undeclared	No		
Shipping							
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To	
3.88 INH	8 INH	11.38 INH	0.2 FTQ	20x12	140 Days	35 FAH / 37.5 FAH	
Traceability Regulation							
Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors				
N/A	N/A	N/A	N/A				

**HANDLING SUGGESTIONS**

KEEP REFRIGERATED---UNIT UPC: 071270394465---

**ALLERGENS**

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; INII = 'Intentionally nor Inherently Included'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - C
- Eggs - N
- Soybean - N
- Wheat - N
- Sesame - N
- Molluscs - N
- Peanuts - N
- Tree - N
- Fish - N
- Shellfish - N
- Crustaceans - N

**INGREDIENTS**

Pasteurized Milk, Acetic Acid, Lactic Acid, Titanium Dioxide. Contains: Milk

Royal Mahout

## 639582 - Paneer

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### PREPARATION & COOKING SUGGESTIONS

Ready to eat

### SERVING SUGGESTIONS

Use in your favorite Indian style dishes that call for paneer – saag paneer, tiki masala etc.

### MORE INFORMATION