

  
**Hiland**<sup>®</sup>  
DAIRY FOODS 



# LACTOSE FREE COTTAGE CHEESE

ALL OF THE PROTEIN - SAME GREAT TASTE - NONE OF THE LACTOSE



# LACTOSE FREE COTTAGE CHEESE

GRADE A • PASTEURIZED • SMALL CURD • NO ARTIFICIAL GROWTH HORMONES

ITEM #35530



16 OUNCES (1LB)(454G)

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
	<b>Total Fat</b> 4.5g	<b>6%</b>	<b>Total Carb.</b> 4g	<b>1%</b>
Saturated Fat 3g	<b>15%</b>	Fiber 0g	<b>0%</b>	
Trans Fat 0g		Total Sugars 4g		
<b>Cholesterol</b> 25mg	<b>8%</b>	Incl. 0g Added Sugars	<b>0%</b>	
<b>Sodium</b> 490mg	<b>21%</b>	<b>Protein</b> 12g		
<b>Calories per serving</b> 100	Vit. D 0.1mcg 0% • Calcium 100mg 8% • Iron 0.1mg 0% • Potassium 150mg 4%			

**INGREDIENTS:** SKIM MILK, MILK, CREAM, SALT, STABILIZER (GUAR GUM, MONO AND DIGLYCERIDES, XANTHAN GUM, CARRAGEENAN, CAROB BEAN GUM), CITRIC ACID, CARBON DIOXIDE AND POTASSIUM SORBATE (MAINTAIN FRESHNESS), LACTASE ENZYME\* AND CHEESE CULTURES.

\*NOT FOUND IN REGULAR COTTAGE CHEESE **CONTAINS: MILK.**

