

PRO PACK SNACK

4oz Low Fat Cottage
Cheese Cup



Nutrition Facts

1 serving per container

Serving size 1/2 Cup (114g)

Amount per serving

Calories 90

% Daily Value*

Total Fat 2.5g **3%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 490mg **21%**

Total Carbohydrate 5g **2%**

Dietary Fiber 0g **0%**

Total Sugars 5g

Includes 1g Added Sugars **2%**

Protein 12g **24%**

Vitamin D 0mcg **0%**

Calcium 100mg **8%**

Iron 0.1mg **0%**

Potassium 160mg **4%**

Vitamin A 60mcg **6%**

*The % Daily Value (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.

INGREDIENTS: CULTURED LOW FAT MILK, NON FAT DRY MILK, LACTOSE, SALT, STABILIZER (GUAR GUM, MONO AND DIGLYCERIDES, XANTHAM GUM, CARRAGEENAN, CAROB BEAN GUM), CITRIC ACID, CARBON DIOXIDE AND POTASSIUM SORBATE (MAINTAIN FRESHNESS), VITAMIN A PALMITATE AND CHEESE CULTURES.
CONTAINS: MILK

24% DAILY PROTEIN

UNDER 100 CALORIES

PERFECTLY PORTIONED
FOR EATING ON THE GO.



LOCALLY SOURCED MILK

NO ARTIFICIAL FLAVORS,
GROWTH HORMONES,
OR COLORS.