

Low Fat Smooth Cottage Cheese

Typical Nutritional Information			
		Per 100g	Per 125g Single Serving
Energy Valor energetico	kJ	349	524
Protein Proteinas	g	12.3	18.5
Glycaemic Carbohydrates Hidratos de Carboidratos glicemicos	g	2	3
of which total sugar dos quais acucar totais	g	1.3	2.0
Total Fat Gorduras total	g	2.7	4.1
of which saturated fat dos quais Gordura saturada	g	1.9	2.8
trans fat Gordura trans	g	0.0	0.1
Monounsaturated fat Gordura mono-insaturadas	g	0.7	1.1
Polyunsaturated fat Gordura poli-insaturadas	G	0.1	0.2
Cholesterol Colesterol	mg	9	14
Dietary Fibre[#] Fibras alimentares	g	1.8	2.7
Total Sodium Sodio Total	mg	303	455
Calcium	mg	75.7	113.6
*Analysis Method: AOAC 991.43			
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Ingredients: Milk, Cream, Salt, Stabilisers, Calcium Chloride, Microbial Renette, Cottage Cheese Culture, Preservative (Potassium Sorbate).			
Contains: Cow's Milk			