

Low Fat Chunky Cottage Cheese

Typical Nutritional Information			
		Per 100g	Per 125g Single Serving
Energy Valor energetico	kJ	334	418
Protein Proteinas	g	12.6	15.8
Glycaemic Carbohydrates Hidratos de Carboidratos glicemicos	g	1	2
of which total sugar dos quais acucar totais	g	1.3	1.6
Total Fat Gorduras total	g	2.2	2.8
of which saturated fat dos quais Gordura saturada	g	1.6	2.0
trans fat Gordura trans	g	0.0	0.0
Monounsaturated fat Gordura mono-insaturadas	g	0.6	0.7
Polyunsaturated fat Gordura poli-insaturadas	G	0.1	0.1
Cholesterol Colesterol	mg	10	13
Dietary Fibre[#] Fibras alimentares	g	1.9	2.4
Total Sodium Sodio Total	mg	307	384
Calcium	mg	75.7	94.6
*Analysis Method: AOAC 991.43			
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Ingredients: Fat Free Milk, Salt, Stabilisers, Calcium Chloride, Microbial Renette, Cottage Cheese Culture, Preservative (Potassium Sorbate).			
Contains: Cow's Milk			