



**Guentensperger Kaese AG**  
**11335 - Flat Mansh Cuts**

creamy paste and an aromatic, spicy hard cheese,  
 Produced according to an old Guentensperger family recipe with its own lactic acid cultures  
 made from fresh Toggenburg mountain milk



# Nutrition Facts

**Servings per Container** 9  
**Serving size** 28.0g (28g)

**Amount per serving**  
**Calories** 120

	% Daily Value*
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 6.97g	<b>35%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 170mg	<b>7%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 7g	
Vitamin D 0.16mcg	<b>0%</b>
Calcium 305mg	<b>25%</b>
Iron 0.08mg	<b>0%</b>
Potassium 31.36mg	<b>0%</b>

\* 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.

## \* Benefits

In Toggenburg, a valley steeped in legend in the heart of eastern Switzerland, over 20 unique cheese delicacies are created in our three cheese dairies. With a great deal of tradition, craftsmanship and passion, our 45 employees ensure fabulous enjoyment of cheese from cream cheese to excellent semi-hard and hard cheese specialties to mildly spicy goat's cheese. This is what we stand for as a family business with our name "Guentensperger" since 1868.  
 name of the cheese: Flat Mansh  
 The craft, which began over 150 years ago in the dairy in Mettlen, now lives on in our Guentensperger cheese dairy in Betschwil. The mildly spicy Flat Mansh cheese, Made from fresh Toggenburg mountain milk, enriched with homegrown lactic acid cultures, unites our family history, tradition and craft in a unique way.  
 An exceptionally creamy tender and crumbly hard cheese that literally melts in your mouth despite its age. With its slightly nutty note and strong spicy aroma, it ignites a fabulous taste experience on the palate. It has a mild spicy aroma with finely salt crystals spreads out. A perfect flat mountain cheese through and through!

## Ingredients

cow's milk (silage-free), salt for the whole production and ripening process, animal rennet, lactic acid bacterias

## Allergens

### Contains:



### Free From:



## Handling Suggestions

keep refrigerated 5-8C

## Serving Suggestions

do not serve directly from the refrigerator the Flat mansh is fantastic with a rustic farmhouse bread and with fresh figs as an aperitif, but also as a dessert cheese with a little honey or quince mustard

## Prep & Cooking Suggestions

remove from packaging and cut away the rind (rind is not suitable for consumption)

## Product Specifications

Brand	Manufacturer
Guentensperger Kaese AG	GOURMET FOODS INT CHEESE 1074

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
	370335 Bulk RW	11335	90820581113356		1/14.5 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
16lb	14.5lb	Switzerland	No	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
10.75in	10.9in	6.8in	0.46ft3	12x5	117days	35°F / 37°F



**Guentensperger Kaese AG**  
**11335 - Flat Mansh Cuts**

creamy paste and an aromatic, spicy hard cheese,  
 Produced according to an old Guentensperger family recipe with its own lactic acid cultures  
 made from fresh Toggenburg mountain milk



Nutrition Analysis - By Measure

Calories	120	Total Fat	10g	Sodium	170mg
Protein	7	Trans Fats	0g	Calcium	305mg
Total Carbohydrates...	0g	Saturated Fat	6.97g	Iron	0.08mg
Sugars	0g	Added Sugars	0g	Potassium	31.36mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	30mg		
Vitamin A(U)		Vitamin D	0.16mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

