



Vermont Creamery
11828 - Coupole

Couples is an aged goat's milk cheese with an edible, wrinkly rind. In the aging process, the rind develops a stronger ripened flavor, while the inside retains its creamy and delicate fresh taste, making for a delicious contrast.



Nutrition Facts

Servings per Container 6.5
Serving size 1.00Z (1oz)

Amount per serving
Calories 90

| | % Daily Value* |
|-------------------------|----------------|
| Total Fat 7g | 0% |
| Saturated Fat 4.5g | 0% |
| Trans Fat 0g | |
| Cholesterol 30mg | 0% |
| Sodium 140mg | 0% |
| Total Carbohydrate 1g | 0% |
| Dietary Fiber 0g | 0% |
| Total Sugars 0g | |
| Includes 0g Added Sugar | 0% |
| Protein 5g | |
| Vitamin D 0mcg | 0% |
| Calcium 29mg | 0% |
| Iron 0mg | 0% |
| Potassium 50mg | 0% |

* 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

Coupole is an aged goats' milk cheese with a wrinkly edible rind and bright, fresh cheese taste. Coupoles allure is attributable to the intriguing contrast between the strong ripened flavor of the rind and the delicate fresh taste of its interior.

Ingredients

Pasteurized Cultured Goats' Milk (cultures contain milk), Salt, Enzymes. CONTAINS: Milk

⚠ Allergens

Contains:



Free From:



Handling Suggestions

See label for suggestions
UNIT UPC: 011826131007

Serving Suggestions

Serve on a cheeseboard alongside other fresh and aged cheeses. Slice it and drizzle with honey. Slice into wedges - wrap Coupole in prosciutto and broil.

Prep & Cooking Suggestions

See label for suggestions

📄 Product Specifications

| Brand | Manufacturer |
|------------------|------------------|
| Vermont Creamery | Land O Lakes Inc |

| UPC | MFG # | SPC # | GTIN | Pack | Pack Desc. |
|--------------|----------|-------|----------------|------|------------|
| 011826131007 | 13100-06 | 11828 | 10011826131004 | | 6/6.5 OZ |

| Gross Weight | Net Weight | Country of Origin | Kosher | Child Nutrition |
|--------------|------------|-------------------|--------|-----------------|
| 3lb | 2.44lb | United States | | |

| Shipping Information | | | | | | |
|----------------------|-------|--------|---------|-------|------------|----------------------|
| Length | Width | Height | Volume | TlxHl | Shelf Life | Storage Temp From/To |
| 12.3in | 8.3in | 2.5in | 0.15ft3 | 16x16 | 40days | 35°F / 37°F |



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Nutrition Analysis - By Measure

| | | | | | |
|------------------------|----|---------------------|------|---------------|-------|
| Calories | 90 | Total Fat | 7g | Sodium | 140mg |
| Protein | 5 | Trans Fats | 0g | Calcium | 29mg |
| Total Carbohydrates... | 1g | Saturated Fat | 4.5g | Iron | 0mg |
| Sugars | 0g | Added Sugars | 0g | Potassium | 50mg |
| Dietary Fiber | 0g | Polyunsaturated Fat | | Zinc | |
| Lactose | | Monounsaturated Fat | | Phosphorus | |
| Sucrose | | Cholesterol | 30mg | | |
| Vitamin A(IU)• | | Vitamin D | 0mcg | Thiamin | |
| Vitamin A(RE) | | Vitamin E | | Niacin | |
| Vitamin C | | Folate | | Riboflavin | |
| Magnesium | | Vitamin B-6 | | Vitamin B-12• | |
| Monosodium | | Sulphites | | Nitrates | |



Additional Images

