



Krinos  
148251 - Myzithra

Myzithra (Mizythra or Mizithra) is a traditional unpasteurised Greek cheese made from the whey of sheep's, goats or cow's milk cheeses. It has been made in Greece for thousands of years and is believed to be the ancestor of all Greek whey cheeses.



Nutrition Facts

Servings per Container	32
Serving size	1oz
Amount per serving	
Calories	50
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1.1g	6%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 410mg	18%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 89.2mg	6%
Iron 0.08mg	0%
Potassium 27.88mg	%

\* 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

CMyzithra (Mizythra or Mizithra) is a traditional unpasteurised Greek cheese made from the whey of sheep's, goats or cow's milk cheeses. It has been made in Greece for thousands of years and is believed to be the ancestor of all Greek whey cheeses. There are two forms of Mizythra, fresh and dried. In Cyprus, similar cheese is known as Anari. Fresh Mizythra is unsalted and consumed within a few days. In some parts of Greece, especially Crete, Fresh Mizythra is slightly fermented, until it becomes sour to taste. The result is a creamy, spreadable cheese called Xinomizythra or Sour Mizythra. The snowy white cheese with a flavour similar to Ricotta Salata is used by Cretans to spread on paximadia or prepare tyropitas and kaltsounakia cheese pies.

Ingredients

Pasteurized sheeps milk and cream, whey, salt.

⚠ Allergens

Contains:

milk

Free From:

- crustaceans eggs fish peanuts  
sesame soy tree nuts wheat

Handling Suggestions

keep refrigerated

Serving Suggestions

ready to eat

Prep & Cooking Suggestions

ready to eat

📄 Product Specifications

Brand			Manufacturer			
Krinos			Krinos Foods LLC			
UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.	
	148251	148251	10820581482517		1/2 LB	
Gross Weight		Net Weight	Country of Origin	Kosher	Child Nutrition	
2.05lb		2lb	Greece	No		
Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
3in	3in	3in	0.02ft3	10x10	120days	35°F / 37°F



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Nutrition Analysis - By Measure

Calories	50	Total Fat	1.5g	Sodium	410mg
Protein	9	Trans Fats	0g	Calcium	89.2mg
Total Carbohydrates...	1g	Saturated Fat	1.1g	Iron	0.08mg
Sugars	0g	Added Sugars	0g	Potassium	27.88mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	10mg		
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

