



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

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Ingredients

Pasteurized sheeps milk and cream, whey, salt.

Allergens

Contains:



Free From:



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(U)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

Additional Images

