



Imported

# 19079 - Ricotta Salata



Ricotta Salata is a wonderful combination of nutty and creamy with just a hint of salt. Aged 90 days, this semi-firm cheese has a smooth, white appearance and a rather dry texture, perfect for cubing, crumbling or shredding. It boasts a pleasant flavor, coming from the whey of the sheep's milk.



## Nutrition Facts

Servings per Container 112  
Serving size 1.00Z (1oz)

Amount per serving  
**Calories 70**

	% Daily Value*
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 520mg	<b>23%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 5g	
Vitamin D 0mcg	<b>0%</b>
Calcium 50mg	<b>4%</b>
Iron 0mg	<b>0%</b>
Potassium 0mg	<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

Ricotta Salata boasts a pleasant milky flavor with just a hint of salt. Aged 30 days, this semi-firm cheese has a smooth, white appearance and a rather dry texture, perfect for cubing, crumbling or shredding. Like fresh ricotta, ricotta salata is made from whey rather than curds. Unlike ricotta, however, ricotta salata is pressed and aged for at least 3 months, resulting in a much drier cheese. It has a firm texture and salty flavor ("salata" means salted), making it ideal for grating.

### Ingredients

Pasteurized Sheeps Milk Whey, Salt.

### Allergens

#### Contains:



#### Free From:



### Handling Suggestions

keep refrigerated.

### Serving Suggestions

Similar to feta, Ricotta Salata is excellent crumbled, sliced into salads or used in dishes like pasta alla norma.

### Prep & Cooking Suggestions

shave or crumble over pasta or salad, or enjoy sliced and drizzled with honey

### Product Specifications

Brand	Manufacturer	Product Category
Imported	Forever Cheese	Cheese Natural Other

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
	IT389	19079	98027465001040		2/7 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
15lb	14lb	Italy	No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
17in	9in	5.5in	0.49ft3	8x8	117days	35°F / 37°F



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## Nutrition Analysis - By Measure

Calories	70	Total Fat	5g	Sodium	520mg
Protein	5	Trans Fats		Calcium	50mg
Total Carbohydrates...	1g	Saturated Fat	3.5g	Iron	0mg
Sugars	0g	Added Sugars	0g	Potassium	0mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	20mg		
Vitamin A(U)		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

