

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 Fa	cts
arc	Servings per Container 112 Serving size 1.00Z (1oz)		
		Amount per serving Calories	70
	% Daily Value*		
- The second sec	No. Story (MA 400) 40	Total Fat 5g	6%
		Saturated Fat 3.5g	18%
		<i>Trans</i> Fat	
		Cholesterol 20mg	7%
★ Benefits		Sodium 520mg	23%
		Total Carbohydrate 1g	0%
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.		Dietary Fiber 0g	0%
		Total Sugars 0g	
		Includes 0g Added Sugar	0%
Ingredients	Allergens	Protein 5g	
		Vitamin D 0mcg	0%
Pasteurized Sheeps Milk Whey,	Contains:	Calcium 50mg	4%
Salt.	(f) milk	Iron 0mg	0%
	Free From:	Potassium 0mg	0%
	Image: soy <td colspan="2">* 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.</td>	* 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.	

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	# SF	PC #	GT	GTIN		Pack	Pack Desc.
	IT38	9 19	079	9802746	5001040			2/7 LB
Gross Weight Ne		Net Wei	/eight Country of Origi		Origin	Ko	sher	Child Nutrition
15	15lb		b Italy		,	No		
Shipping Information								
							Storage Temp From/To	
Length	Width	Height	Volume	e TIxHI	Shelf L	ife	Storage	e Temp From/To





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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	Og	Added Sugars	Og	Potassium	0mg
Dietary Fiber	Og	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	20mg		
Vitamin A(IU)•		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



