



Meadow Creek

19114 - Appalachian Tomme Wheel

Appalachian has evolved a great deal over our years of production. Our goal with the Appalachian has always been to develop a cheese that showcased our milk; from a herd developed to fit our farm's mountainous terrain, rather than picking a benchmark cheese and struggling to match the farm to it.



\* Benefits

Our original recipe, the first cheese we ever made, Appalachian has evolved a great deal over our years of production. Our goal with the Appalachian has always been to develop a cheese that showcased our milk, milk from a herd developed to fit our farm's mountainous terrain, rather than picking a benchmark cheese and struggling to match the farm to it. To this end we've kept the make simple and focused on affinage, allowing the Appalachian to form a white coat of penicillium molds that compliments its unique flavor.

Ingredients

Cultured raw milk, salt, animal rennet

⚠ Allergens

Contains:

milk

Free From:

crustaceans eggs fish peanuts  
 sesame soy tree nuts wheat

Nutrition Facts

Servings per Container 121  
Serving size 30.0g (30g)

Amount per serving  
**Calories 130**

	% Daily Value*
Total Fat 11g	14%
Saturated Fat 7.85g	39%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 75mg	3%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 169mg	15%
Iron 0.1mg	0%
Potassium 18mg	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.

Handling Suggestions

See label for suggestions

Serving Suggestions

See label for suggestions

Prep & Cooking Suggestions

See label for suggestions

Product Specifications

Brand			Manufacturer			
Meadow Creek			Meadow Creek Dairy			
UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.	
	4	19114	90863208000011		2/8 LB	
Gross Weight		Net Weight	Country of Origin	Kosher	Child Nutrition	
17lb		16lb	United States	No		
Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
6in	11in	11in	0.42ft3	12x6	60days	35°F / 37°F





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Nutrition Analysis - By Measure

Calories	130	Total Fat	11g	Sodium	75mg
Protein	8	Trans Fats	0g	Calcium	169mg
Total Carbohydrates...	2g	Saturated Fat	7.85g	Iron	0.1mg
Sugars	0g	Added Sugars	0g	Potassium	18mg
Dietary Fiber	1g	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-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images

