



**Bharatma**  
**25461 - Paneer**

Bharatma WORLD CHAMPION Paneer cheese is a staple ingredient in popular Indian and South Asian-inspired dishes across the country. This paneer does not melt so it is popular in curried dishes, wrapped and fried in dough, and in stir-fried dishes.



# Nutrition Facts

**Servings per Container** 80  
**Serving size** 1.00Z (1oz)

**Amount per serving**  
**Calories** 90

	% Daily Value*
<b>Total Fat</b> 7g	<b>8%</b>
Saturated Fat 4.5g	<b>23%</b>
<i>Trans Fat</i>	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 10mg	<b>0%</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> 7g	
Vitamin D 0mcg	<b>0%</b>
Calcium 160mg	<b>12%</b>
Iron 0mg	<b>0%</b>
Potassium 20mg	<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

**Description:**  
Bharatma WORLD CHAMPION\* Paneer cheese is a staple ingredient in popular Indian and South Asian-inspired dishes across the country. This paneer does not melt so it is popular in curried dishes, wrapped and fried in dough, and in stir-fried dishes. Paneer contains no salt so it is also used in preparation of popular desserts like Rasgulla and Sandesh. Paneer contains no rennet so is for consumers who adhere to strict vegetarian diets.

\*as judged at the International Cheese Technology Contest, April, 2018.

## Ingredients

Pasteurized Milk, Acetic Acid, Lactic Acid, Titanium Dioxide

## ⚠ Allergens

### Contains:



### Free From:



## Handling Suggestions

See label for suggestions

## Serving Suggestions

Used in curries and other savory dishes of Indian cuisine. Paneer cheese is a staple in Indian diets.

## Prep & Cooking Suggestions

Cube and put in Indian curries. Can be fried (it will not melt)

## 📄 Product Specifications

Brand	Manufacturer	Product Category
Bharatma	Specialty Cheese Company Inc	Cheese Specialty

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
	GFI00133	25461	00740505001330		4/5 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
21lb	20.35lb	United States	Yes	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
11.5in	8in	8.25in	0.44ft3	16x7	120days	35°F / 37°F



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Nutrition Analysis - By Measure

Calories	90	Total Fat	7g	Sodium	10mg
Protein	7	Trans Fats		Calcium	160mg
Total Carbohydrates...	1g	Saturated Fat	4.5g	Iron	0mg
Sugars	0g	Added Sugars	0g	Potassium	20mg
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

