

Appel Farms

4215 - Paneer Cheese



Appel Farms has been dedicated to producing the highest quality of milk to make the finest of cheese. Appel Farms Paneer is a clean label, farmstead cheese. Our Paneer is great for lightly sauting and placing in any stir-fry or curry dish.



* Benefits

Appel Farms is a legacy Farmstead producer of cheese, located in the Northwest corner of Washington. For over 30 years, Appel Farms has been dedicated to producing the highest quality of milk to make the finest of cheese. Appel Farms Paneer is a clean label, farmstead cheese. Our Paneer is great for lightly sauting and placing in any stir-fry or curry dish.

Ingredients	A Allergens
Pasteurized Cow's Milk, Vinegar	Contains:
	Free From: Substituting crustaceans of eggs fish of peanuts of the peanuts of the sesame of the ses

Nutrition Facts

Servings per Container 30gs (1oz) Serving size

Amount per serving alorios

90

90
aily Value*
10%
22%
8%
1%
0%
0%
0%
_
0%
16%
4%
0%

a serving of food contributes to a daily diet. 2,000 calories

a day is used for general nutrition advice.

Handling Suggestions

Refrigerate UNIT UPC: 040817010120

Serving Suggestions

Saut or Grill

Prep & Cooking Suggestions

This cheese is best when it is lightly sauted with a small amount of oil. It is not a melting cheese, so it holds together well in sauces or stir-frys.



Product Specifications

Brand	Manufacturer
Appel Farms	Appel Farms

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
040817010120	Paneer:PEW	4215	00040817000039		12/7 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
5.5lb	5.25lb	United States	No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
10in	7in	3.75in	0.15ft3	25x12	59days	35°F / 37°F





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Nutrition Analysis - By Measure

Calories	90	Total Fat	7g	Sodium	5.5mg
Protein	6	Trans Fats	0g	Calcium	160mg
Total Carbohydrates	1g	Saturated Fat	4.5g	Iron	0.8mg
Sugars	1g	Added Sugars	0g	Potassium	0mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	255mg		
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								

