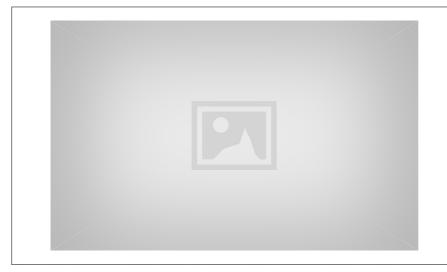


#### **Vermont Creamery** 44404 - **Ouark**

A mild and creamy European-style fresh cheese that's great in sweet and savory applications.





#### \* Benefits

German for fresh curd, quark is a fresh and slightly drained cows milk cheese that is similar to old-fashioned cream cheese. Top with granola for breakfast or mix with anything from mashed potatoes to boysenberries, and it earns its keep with flair.

▲ Allergens
Contains:
Free From:  Soy (1) tree nuts (2) wheat

## **Nutrition Facts**

Servings per Container 1.00Z (1oz) Serving size

# **Amount per serving**

Calories	40
% Dai	ily Value*
Total Fat 3 g	0%
Saturated Fat 2 g	0%
<i>Trans</i> Fat	
Cholesterol 10 mg	0%
Sodium 15 mg	0%
Total Carbohydrate 1 g	0%
Dietary Fiber 0 g	0%
Total Sugars 1 g	
Includes 0 g Added Sugar	%
Protein 2 g	_
Vitamin D 0 mcg	0%
Calcium 26 mg	0%
Iron 0 mg	0%
Potassium 35 mg	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

Mix it into omelets, dips or souffles. Do a quick dip with raw veggies or crackers. Make a better batter incorporate into pancakes, waffles or banana bread.

### Prep & Cooking Suggestions

See label for suggestions



#### Product Specifications

Brand	Manufacturer
Vermont Creamery	Land O Lakes Inc

UPC	MFG #	SPC#	GTIN	Pack	Pack Desc.
11826600022	60002-06	44404	10011826600029		6/8 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
4 lb	3 lb	United States	Yes	

Shipping Information							
	Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
	11.8 in	8.06 in	3.13 in	0.17 ft3	18x14	45 days	35 °F / 37 °F





# Vermont Creamery 44404 - Quark



A mild and creamy European-style fresh cheese that's great in sweet and savory applications.

## Nutrition Analysis - By Measure

Calories	40	Total Fat	3 g	Sodium	15 mg
Protein	2	Trans Fats		Calcium	26 mg
Total Carbohydrates…	1 g	Saturated Fat	2 g	Iron	0 mg
Sugars	1 g	Added Sugars	0 g	Potassium	35 mg
Dietary Fiber	0 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	10 mg		
Vitamin A(IU)•		Vitamin D	0 mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

0	Additional Images							

