



Mitica

# 45187 - Pecorino Romano Quarter Wheel

This sheep's milk cheese which dates back to ancient times, is full-flavored, aromatic, and sharp. It is an excellent grating cheese that adds lots of flavor to a variety of dishes.



## Nutrition Facts

|                              |           |
|------------------------------|-----------|
| Servings per Container       | 1180      |
| Serving size                 | 5g        |
| <b>Amount per serving</b>    |           |
| <b>Calories</b>              | <b>20</b> |
| % Daily Value*               |           |
| <b>Total Fat</b> 1.5g        | <b>2%</b> |
| Saturated Fat 1g             | <b>5%</b> |
| <i>Trans Fat</i>             |           |
| <b>Cholesterol</b> 5mg       | <b>2%</b> |
| <b>Sodium</b> 95mg           | <b>4%</b> |
| <b>Total Carbohydrate</b> 0g | <b>0%</b> |
| Dietary Fiber 0g             | <b>0%</b> |
| Total Sugars 0g              |           |
| Includes 0g Added Sugar      | <b>0%</b> |
| <b>Protein</b> 1g            |           |
| Vitamin D 0mcg               | <b>0%</b> |
| Calcium 45mg                 | <b>3%</b> |
| Iron 0mg                     | <b>0%</b> |
| Potassium 6mg                | <b>0%</b> |

### \* Benefits

Dating back to ancient times, Pecorino Romano was a staple of the Roman legion. Southern Italians, particularly Romans, prefer using this grating cheese over Parmigiano. Though originally from Lazio, Pecorino Romano can also be produced in Sardegna, where we source this version. An excellent grating cheese, it adds lots of flavor to pasta, vegetables, and soups. Aged a minimum of 5-6 months, Mitica Pecorino Romano is full-flavored, aromatic and sharp. Dry salting gives the cheese pronounced saltiness but it is less salty than the average Pecorino Romano.

### Ingredients

Pasteurized Sheeps Milk, Rennet, Salt, Cheese Cultures. Lamb Rennet.

### ⚠ Allergens

#### Contains:



#### Free From:



\* 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

Refrigerate

### Serving Suggestions

An excellent grating cheese, it adds loads of flavor to pasta, vegetables and soups.

### Prep & Cooking Suggestions

N/A

### 📄 Product Specifications

| Brand  | Manufacturer   | Product Category     |
|--------|----------------|----------------------|
| Mitica | Forever Cheese | Cheese, Hard Italian |

| UPC | MFG # | SPC # | GTIN           | Pack | Pack Desc. |
|-----|-------|-------|----------------|------|------------|
|     | IT264 | 45187 | 90825325730141 |      | 1/13 LB    |

| Gross Weight | Net Weight | Country of Origin | Kosher | Child Nutrition |
|--------------|------------|-------------------|--------|-----------------|
| 200lb        | 192lb      | Italy             | No     |                 |

| Shipping Information |       |        |         |       |            |                      |
|----------------------|-------|--------|---------|-------|------------|----------------------|
| Length               | Width | Height | Volume  | TlxHl | Shelf Life | Storage Temp From/To |
| 13in                 | 13in  | 13in   | 1.27ft3 | 9x5   | 215days    | 35°F / 37°F          |



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## Nutrition Analysis - By Measure

|                        |    |                     |      |              |      |
|------------------------|----|---------------------|------|--------------|------|
| Calories               | 20 | Total Fat           | 1.5g | Sodium       | 95mg |
| Protein                | 1  | Trans Fats          |      | Calcium      | 45mg |
| Total Carbohydrates... | 0g | Saturated Fat       | 1g   | Iron         | 0mg  |
| Sugars                 | 0g | Added Sugars        | 0g   | Potassium    | 6mg  |
| Dietary Fiber          | 0g | Polyunsaturated Fat |      | Zinc         |      |
| Lactose                |    | Monounsaturated Fat |      | Phosphorus   |      |
| Sucrose                |    | Cholesterol         | 5mg  |              |      |
| 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

