



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

Amount per serving
Calories 20

% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat	
Cholesterol 5mg	2%
Sodium 95mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 45mg	3%
Iron 0mg	0%
Potassium 6mg	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.

* 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:



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(IU)•		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

