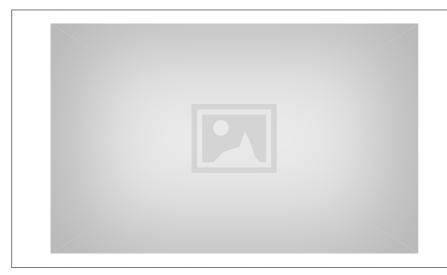


Cowgirl Crmry 45777 - Cottage Cheese



Our organic cottage cheese is unlike any other -- tender, pillowy curds dressed in cultured cream and milk. It is versatile as an ingredient, or delicious on its own.



* Benefits

Cowgirl Creamery organic cottage cheese is traditionally made, and unlike any other. It consists of pillowy curds cut by hand and dressed in cultured cream and organic milk. Its flavors of lemon and sweet cream develop during its slow, overnight set. It is high in protein and incredibly versatile and delicious -- the perfect foundation for protein packed breakfast bowls or as an option for your favorite stuffed pasta and baking recipes.

Ingredients	Allergens
Organic Pasteurized Nonfat Milk, Organic Creme Fraiche (Organic Pasteurized Cream and Cultures), Salt and Cultures.	Contains: in milk Free From: contains: in milk Free From: contains: in milk in milk in peanuts in soy (ii) tree nuts (ii) wheat

Nutrition Facts

Servings per Container 3 Serving size 0.5CP (0.5GS21)

Amount per serving

Calories

120

Calonies	120
% [Daily Value*
Total Fat 6g	8%
Saturated Fat 4.5g	23%
<i>Trans</i> Fat	
Cholesterol 30mg	10%
Sodium 380mg	17%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 0g Added Sugar	%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 72mg	6%
Iron 0mg	0%
Potassium 77mg	2%

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

a day is used for general nutrition advice.

Handling Suggestions

Keep refrigerated.

Serving Suggestions

As a protein & fat rich snack or breakfast bowl (topped with granola and fruit). The perfect pairing for your favorite chips -- from BBQ to truffle. As a substitute for ricotta or cream cheese in stuffed pastas and in sweet recipes like pancakes.

Prep & Cooking Suggestions

Ready to eat as is.

Product Specifications

Brand			Manufacturer			
Cowgirl Crmry			TOMALES BAY FOODS			
		_				
LIDC	MEC #	CDC #	CTINI	Doole	Doels Does	

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
	00613	45777			12/12 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
9.53lb	9lb	United States	No	

Shipping Information							
	Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
	14in	9.75in	5in	0.39ft3	12x6	30days	35°F / 37°F





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Nutrition Analysis - By Measure

Calories	120	Total Fat	6g	Sodium	380mg
Protein	12	Trans Fats		Calcium	72mg
Total Carbohydrates···	3g	Saturated Fat	4.5g	Iron	0mg
Sugars	3g	Added Sugars	0g	Potassium	77mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	30mg		
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	

0	Additional Images		

