



Hotos

904656 - Manouri Cheese

Manouri is a Greek semi-soft, fresh white mixed milk-whey cheese made from goat or sheep milk as a by-product following the production of feta. Manouri is creamier than feta, because of the addition of cream to the whey.



Nutrition Facts

Servings per Container 7
Serving size 28gs (1oz)

Amount per serving
Calories 125

% Daily Value*	
Total Fat 13g	17%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 280mg	12%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 27mg	2%
Iron 1.3mg	7%
Potassium 70mg	2%

* 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

Manouri is a Greek semi-soft, fresh white mixed milk-whey cheese made from goat or sheep milk as a by-product following the production of feta. It is produced primarily in Thessalia and Macedonia in central and northern Greece. Manouri is creamier than feta, because of the addition of cream to the whey.

Ingredients

Pasteurized sheep and goats whey sheep and goat milk, cream, salt

Allergens

Contains:



Free From:

- crustaceans
- eggs
- fish
- peanuts
- sesame
- soy
- tree nuts
- wheat

Handling Suggestions

refrigerate UNIT UPC: 687016001209

Serving Suggestions

Crumble over salads, pasta or top with slices on tomato.

Prep & Cooking Suggestions

remove from package and serve.

Product Specifications

Brand			Manufacturer			
Hotos			Specialties Agro-Alimenta			
UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.	
687016001209	424	904656	10687016001206		12/7 OZ	
Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition		
5.73lb	5.25lb	Greece	No			
Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
13.5in	4.7in	5.3in	0.19ft3	23x11	65days	35°F / 37°F



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Nutrition Analysis - By Measure

Calories	125	Total Fat	13g	Sodium	280mg
Protein	2	Trans Fats	0g	Calcium	27mg
Total Carbohydrates...	0g	Saturated Fat	10g	Iron	1.3mg
Sugars	0g	Added Sugars	0g	Potassium	70mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	40mg		
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

