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**165478 - 2/5# PRAIRIE FARM COTTAGE CHEESE SM CURD**

UPC: 000-72730-31211-0

**Sales/Marketing**

THIS PRODUCT IS "R&BH FREE" WHICH IS THE BOVINE GROWTH HORMONE GIVEN TO COWS TO INCREASE THEIR MILK PRODUCTION. THIS COTTAGE CHEESE IS A WISCONSIN DAIRY PRODUCT. BRIGHT, CREAMY WHITE APPEARANCE. FRESH MILK FLAVOR.

**Packaging**

KEEP REFRIGERATED. STAMPED WITH A "USE BY" DATE. WILL RETAIN FRESHNESS FOR ONE WEEK BEYOND THE DATE ON THE CARTON WHEN PROPERLY REFRIGERATED BETWEEN 33-40 F.

**Preparation**

SALAD - IN A BLENDER, PLACE COTTAGE CHEESE, A BANANA AND A LITTLE ORANGE JUICE PROCESS UNTIL SMOOTH. CHILL. PLATE COTTAGE CHEESE AND ASSORTED FRESH BERRIES AND MELON DRIZZLE WITH FRUIT SAUCE. BURGER TOPPER - MIX COTTAGE CHEESE WITH SHREDDED ZUCCHINI, CHOPPED RADISHES AND A LITTLE BLACK PEPPER DOLLOP ON GRILLED BURGERS. SIDE DISH - SIMPLY BLEND COTTAGE CHEESE WITH EITHER CARAWAY SEEDS, CRUSHED PINEAPPLE, OR APPLESAUCE, AND SERVE AS A FLAVORFUL SIDE AT BRUNCH OR ANYTIME WITH BEEF, PORK OR POULTRY ENTREES.

**Ingredients**

CULTURED, SKIM MILK, BUTTERMILK, CREAM, NONFAT MILK SOLIDS, SALT, GUAR GUM, CARRAGEENAN, MONO AND DIGLYCERIDES, SODIUM AND POTASSIUM PHOSPHATE, LECITHIN, POTASSIUM SORBATE (A MOLD INHIBITOR), WHEY SOLIDS.

**Allergy Info**

(Manufacturers are asked to review for the following allergens: milk, egg, peanut, wheat, soy, tree-nut, and shellfish. If applicable, they will appear below.)

Egg, Milk

**Nutrition Facts**

Serving Size	1/2 c
Servings Per Case	40.00
<b>Amount Per Serving</b>	<b>% DV*</b>
<b>Calories</b> 120.0	<b>6%</b>
Fat Calories 45.0	
<b>Total Fat</b> 5.0g	<b>8%</b>
Saturated Fat 3.0g	<b>15%</b>
<b>Cholesterol</b> 20.0mg	<b>7%</b>
<b>Sodium</b> 470.0mg	<b>20%</b>
<b>Total Carbohydrates</b> 4.0g	<b>1%</b>
Sugars 4.0g	<b>0%</b>
<b>Protein</b> 13.0g	<b>26%</b>
<b>Vitamin A</b> 200.0 IU	<b>4%</b>
<b>Calcium</b> 60.0mg	<b>6%</b>

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**School Equivalents**

Serving Size	1/2 c
Meat/Meat Alternatives	1
Fruit/Vegetables	
Grain/Bread	
Milk	
Child Nutrition	NO

The product information, nutritional information and list of ingredients provided on this website were obtained from the vendor or manufacturer of the product.

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