

**For Old Fashioned Ricotta
(Part Skim, 3 lb & 15 oz Tub)**

Nutrition Facts

Serving Size ¼ cup (62 g)
Servings Per Container Varies

Amount Per Serving
Calories 90 **Calories from Fat 50**

	%	% Daily Value*
Total Fat 6g	9%	
Saturated Fat 3.5g		
Trans Fat 0g		
Cholesterol 20mg	7%	
Sodium 65mg	3%	
Total Carbohydrate 2g	1%	
Dietary Fiber 0g	0%	
Sugars 2g		
Protein 8g		

Vitamin A 4% • Vitamin C 0%
Calcium 25 % • Iron 2%

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

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Ingredients: Pasteurized Milk, Starter and Salt