MONTENA TARANTO™

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MONTENA-TARANTO TRADITIONAL WHOLE MILK RICOTTA CHEESE

Nutrition Facts

Serving Size 1 oz (28g)
Servings

Amount Per Serving

Calories	**40**	Calories from Fat	**25**

		% Daily Value*
Total Fat	3 g	5%
Saturated Fat	2 g	11%
trans Fat	0 g	
Cholesterol	15 mg	5%
Sodium	55 mg	2%
Potassium	35 mg	1%
Total Carbohydrate	1 g	0%
Dietary Fiber	0 g	0%
Sugars	1 g	
Protein	2 g	

Vitamin A	0%	•	Vitamin C	0%
Calcium	15%	•	Iron	0%

* 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	65 g	80 g
Saturated Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Fiber		25 g	30 g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4