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## Cottage Cheese Xcel

Lancer Management

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### Categories

Tools

Locations

Plate

Yield 1 ea

Portion 5 oz

Num Portions 1

Prep

Cook

Finish

Shelf

### Nutrition Facts

Serving Size 5 oz (142g)

Servings Per Container 1

Amount Per Serving

**Calories** 146    **Calories From Fat** 58

% Daily Value

**Total Fat** 6g                      10%

Saturated Fat 4g                      18%

Trans Fat 0g

**Cholesterol** 21mg                      7%

**Sodium** 574mg                      24%

**Total Carbohydrates** 4g                      1%

Dietary Fiber 0g                      0%

**Protein** 18g

Vitamin A 5%                      Vitamin C 0%

Calcium 9%                      Iron 1%

\* Percent Daily Values are based on a 2000 calorie diet.

### Nutrition Descriptors

Sugar Free

High in Protein

### Ingredients

cottage cheese