

# Nutrition Facts

**Cottage Cheese Serving size (100g)**

**Amount Per Serving**

**Calories**

**110**

[www.ihcare.ae](http://www.ihcare.ae) % Daily Value\*

<b>Total Fat</b> 4.5g	<b>6%</b>
Saturated Fat 2.6g	<b>13%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 340mg	<b>15%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 12g	<b>24%</b>
Vitamin D 0mcg	0%
Calcium 133mg	10%
Iron 0mg	0%
Potassium 104mg	2%
Vitamin A	6%

\*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.