



[ABOUT US](#)

[PRODUCTS](#)

[RECIPES](#)

[FAQS](#)

[PROMOTIONS](#)



Low Fat Cottage Cheese

[← BACK TO COTTAGE CHEESE](#)



Nutrition Facts

Serving Size 1/2 cup (113g)

Amount per Serving

Calories 90 **Calories from Fat** 10

% Daily Values

Total Fat 1g	2%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 440mg	18%
Total Carbohydrate 5g	2%
Fiber 0g	1%
Sugar 4g	
Protein 14g	27%

Vitamin A 4% **Vitamin C** 0%

Calcium 10% **Iron** 0%

CONTAINS: MILK

INGREDIENTS:

CULTURED PASTEURIZED SKIM MILK, MILK, WHEY PROTEIN CONCENTRATE, SALT, WHEY, NATURAL FLAVOR, XANTHAN GUM, LOCUST BEAN GUM, GUAR GUM, VITAMIN A PALMITATE, SORBIC ACID AND CARBON DIOXIDE (TO MAINTAIN FRESHNESS).

AVAILABLE SIZES:



24 oz

16 oz

8 oz

Hood® Low Fat Cottage Cheese is a protein-packed, low fat, versatile food that can be used as a snack, an ingredient, a topping or as a dip without sacrificing taste. Pop the top and discover the wonderful versatility of wholesome Hood Low Fat Cottage Cheese! Always Good. Always Hood.