

Nutrition Facts

107 servings per container

Serving size 1 Tbsp (8g) Dry
(about 1 Tbsp prepared)

Amount per serving

Calories 35

% Daily Value*

Total Fat 2g 3%

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 100mg 4%

Total Carbohydrate 3g 1%

Dietary Fiber 0g **0%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

Protein 2g

Vitamin D 0mcg 0%

Calcium 89mg 6%

Iron 0mg 0%

Potassium 66mg 2%

*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.

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SERVINGS	CHEESE	WARM WATER
4	1/4 Cup	1/4 Cup
8	1/2 Cup	1/2 Cup
16	1 Cup	1 Cup

TO REHYDRATE:

1. Remove oxygen absorber and discard.
2. Soak freeze dried cheese in warm water.
3. Let stand for 15 to 20 minutes.
4. Drain excess water.

Refrigerate hydrated cheese as you would any dairy product. Unused freeze dried cheese does not require refrigeration.

INGREDIENTS: Mozzarella cheese (skim milk, cheese cultures, salt, enzymes).

Contains allergen: Milk.