



FOREVER CHEESE • A Passion for Great Taste
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Organic Parmigiano Reggiano

Hard Cow's Milk Cheese

Aged Over 24 Months

Ingredient Raw Cow's Milk*, Salt, Rennet. *Organic. Calf Rennet.

Statement:

Nutrition Information:

Nutrition Facts	
Varied servings per container	
Serving size	1 tbsp (5g)
Amount Per Serving	
Calories	20
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 5mg	1%
Sodium 30mg	1%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 0mg	0%
Potassium 5mg	0%
*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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