



ROYAL MAHOUT

001403 - Cheese Paneer

trans fat free



Nutrition Facts

Servings per Container 320
Serving size 1PC (1oz)

Amount per serving
Calories 90

% Daily Value*

Total Fat 8g 12%
Saturated Fat 5g 25%
Trans Fat 0g

Cholesterol 25mg 8%

Sodium 30mg 1%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Total Sugars 0g
Includes Added Sugar %

Protein 6g

Vitamin D %

Calcium 200mg 15%

Iron 0mg 0%

Potassium %

* 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.

* Benefits

Ingredients

Pasteurized Cow's Milk; Acetic Acid & Citric Acid

⚠ Allergens

Contains:



Free From:



Handling Suggestions

4/5lb; store below 45 degrees

📄 Product Specifications

Brand	Manufacturer	Product Category
ROYAL MAHOUT	Atalanta Corporation	Cheese

MFG #	SPC #	GTIN	Pack	Pack Desc.
634638	001403	10071270358174	4	4 / 5.0 LBR

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
21lb	20lb	No	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
11in	8in	8in	0.41ft3	6x16	180DAYS	33°F / 40°F

Serving Suggestions

Paneer is popular in curried dishes, and can also be wrapped in dough and fried.

Prep & Cooking Suggestions

ready to consume



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Nutrition Analysis - By Serving

Calories	90	Total Fat	8g	Sodium	30mg
Protein	6	Trans Fats	0g	Calcium	200mg
Total Carbohydrates...	0g	Saturated Fat	5g	Iron	0mg
Sugars	0g	Added Sugars		Potassium	
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	25mg		
Vitamin A(U)	0	Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

 Additional Images

