



**107**  
SERVINGS



**SHELF LIFE**  
UP TO 5 YEARS

Product good for up to 5 years when unopened. Best when stored in a cool, dry and dark place at temperatures between 55°F and 70°F. Actual shelf life may vary based on individual storage conditions.

**FOOD STORAGE**  
**EMERGENCY**  
**EVERYDAY FOOD**

# Freeze-Dried Shredded Mozzarella Cheese

<b>Nutrition Facts</b>	
Serving Size: 1 Tbsp (8g) Dry	
Servings Per Container: 107	
Amount Per Serving	
<b>Calories 40</b>	<b>Calories from Fat 15</b>
% Daily Value*	
<b>Total Fat 1.5g</b>	<b>2%</b>
<b>Saturated Fat 1.5g</b>	<b>8%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 10mg</b>	<b>3%</b>
<b>Sodium 80mg</b>	<b>3%</b>
<b>Total Carbohydrate 0g</b>	<b>0%</b>
<b>Dietary Fiber 0g</b>	<b>0%</b>
<b>Sugars 0g</b>	
<b>Protein 4g</b>	
<b>Vitamin A 2%</b>	<b>Vitamin C 0%</b>
<b>Calcium 10%</b>	<b>Iron 0%</b>
*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories    2,000    2,500
Total Fat	Less than 65g    80g
Sat Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram: Fat 9 • Carbs 4 • Protein 4	

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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

**DIRECTIONS:**

1. Remove oxygen absorber and discard.
2. Soak freeze-dried cheese in warm water for 15 to 20 minutes.
3. 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.

Contains oxygen absorber.  
Discard immediately upon opening.