

Bongards Light Mozzarella String Cheese, Individually Wrapped, 1 Oz Each, 168/Case

Item Number: 566413 



Case (168/1 Ounce Each)

Nutrition

Based On:

Rounding:

Ingredients

For ingredient or allergen information, please contact: Bongards Creameries, phone: 952-277-5575. Manufacturer number: 40299. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated March 2021. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. Click here for K12 spec sheet: <https://drive.google.com/file/d/19zJUcs9DxGZ5ar4gS1cHzG37slugLukv/view?usp=sharing>

Nutrition Facts

Serving Size 1 each (28g)

Amount Per Serving

Calories 60

% Daily Value *

Total Fat 3g 5%

Saturated Fat 2g 10%

Trans Fat 0g

PolyUnsat. Fat n/a

MonoUnsat Fat n/a

Cholesterol 10mg 3%

Sodium 200mg 8%

Total Carbohydrate 0g 0%

Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 7g 14%

Vitamin D n/a 0%

Calcium 200mg 20%

Iron n/a 0%

Potassium 23mg 1%

* 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.

School Equivalents:

| | |
|-----------------------|---------|
| Serving Size | 1 Each |
| Meat/Meat Alternative | 1 oz |
| Grain/Breads | 0 oz eq |
| Fruit | 0 cup |
| Red/Orange | 0 cup |
| Dark Green | 0 cup |
| Starchy | 0 cup |
| Beans/Peas | 0 cup |
| Other | 0 cup |
| Notes: | n/a |

Water Soluble Vitamins:

| | |
|------------------|-----|
| Thiamin | n/a |
| Riboflavin | n/a |
| Niacin B3 | n/a |
| Pantothenic Acid | n/a |
| Folic Acid | n/a |
| Vitamin B6 | n/a |
| Vitamin B12 | n/a |
| Vitamin C | |

Minerals:

| | |
|-------------|-----|
| Phosphorous | n/a |
| Zinc | n/a |
| Magnesium | n/a |
| Copper | n/a |
| Selenium | n/a |
| Manganese | n/a |
| Iodine | n/a |

Fat Soluble Vitamins:

| | |
|--------------|-----|
| Vitamin E mg | n/a |
| Vitamin K | n/a |
| Vitamin A IU | |

Additional Images

