



*Formaggi sardi
che fanno storia.*



Fresh sheep Ricotta

The Caseificio Garau's fresh sheep ricotta is made using only sheep's milk whey from animals farmed in the Sardinian countryside. Rich in noble proteins, with no casein and with a flavour rich in essences which is slightly sweet, it has all the characteristics of a high-quality product:

texture – always creamy and smooth, thanks to the production technique which has been handed down over four generations;

lightness – it is a low-fat dairy product, made using only whey proteins, with no milk and/or cream added;

taste and digestibility – it is tastier thanks to the characteristics of the fats it contains (more aromatic and with smaller particles), which make it easier to digest.

The average weight of the wheel is about 1.5 kg. One of the many excellent examples of its use is when it is served with Sa Pompia Intrea, the typical dessert of the Baronia region.

Nutritional information (100 g of product)

Energy 232 Kcal - 961 KJ

Total fat 20%

Saturated fat 11%

Carbohydrate 1,4%

Sugar 1,2%

Protein 12%

Salt 0,3%

Nutrition Facts		
Servings per Container	varied	g
Servings size	1 Oz (28 g)	
Amount per serving		
Calories	66	
		% Daily Value*
Total Fat	6 g	8%
Saturated fat	3 g	15%
Trans Fat	0 g	
Cholesterol	15 mg	5%
Sodium	30 mg	1%
Total carbohydrate	0 g	0%
Dietary fiber	0 g	0%
Total Sugars	0 g	
Includ. Added sugars	0 g	0%
Protein	3 g	6%
Vitamin D	0 mcg	0%
Calcium	34 mg	3%
Iron	0 mg	0%
Potassium	24 mg	1%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet 2,000 calorie a day is used for general nutrition advice.