



*Formaggi sardi
che fanno storia.*



Salted sheep Ricotta

Salted sheep ricotta is processed as fresh ricotta, but before being put on the market it is pressed, salted and matured. Salt is wisely dosed so that it does not cover the flavour and aromas, but at the same time allows the cheese to be preserved perfectly.

The Caseificio Garau, for its salted ricotta and for all its cheeses, uses only top-quality Sardinian salt.

The maturing period is between 10 days and one month; the average weight of a wheel is about 2 kg.

Salted ricotta is mainly used grated on pasta, especially on malloreddus (typical Sardinian gnocchi), but is also used alone as an appetizer and/or served with Sardinian sweets.

Nutritional information (100 g of product)

Energy 315 Kcal - 1305 KJ

Total fat 27%

Saturated fat 17%

Carbohydrate 0%

Sugar 0%

Protein 18%

Salt 4%

Nutrition Facts		
Servings per Container	varied	g
Servings size	1 Oz (28 g)	
Amount per serving		
Calories	92	
% Daily Value*		
Total Fat	8 g	10%
Saturated fat	5 g	25%
Trans Fat	0 g	
Cholesterol	20 mg	7%
Sodium	445 mg	19%
Total carbohydrate	0 g	0%
Dietary fiber	0 g	0%
Total Sugars	0 g	
Includ. Added sugars	0 g	0%
Protein	5 g	10%
Vitamin D	0 mcg	0%
Calcium	13 mg	1%
Iron	0 mg	0%
Potassium	31 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.