



DAIRY-FREE CHEESE PARMESAN

Style
Shredded & Bulk Block

Description: Bring a taste of Italy into your kitchen with Follow Your Heart® Parmesan! Sprinkle a healthy serving of shredded Parmesan onto baked asparagus with fresh-squeezed lemon. You can't go wrong with this Parmesan!

Ingredients: Filtered Water, Palm Fruit Oil, Modified Potato Starch, Expeller-Pressed Canola Oil, Natural Flavors (Contains Autolyzed Yeast), Vegetable Glycerin, Less than 2% of: Sea Salt, Calcium Phosphate, Bamboo Fiber, Sodium Phosphate, Carrageenan, Lactic Acid, Nutritional Yeast, Organic Chickpea Miso (Organic Handmade Rice Koji, Organic Whole Chickpeas, Sea Salt, Water, Koji Spores), Sunflower Lecithin, Citric Acid, Annatto for Color.

Allergens:	No
International Allergens:	No
Organic:	No
Vegetarian:	Yes
Vegan:	Yes
Non-GMO:	Yes
Kosher:	Yes
Gluten-Free:	Yes
Omega-3:	No

Flavor: Typical of Parmesan cheese
Appearance: Firm, off-white color

Microbiological:	Tolerance	Method Reference
APC	<1 000 cfu/g	AOAC 966.23
Yeast	<100 cfu/g	FDA BAM, 7 th ed.
Mold	<100 cfu/g	FDA BAM, 7 th ed.
Coliforms	<10 cfu/g	AOAC 991.14

Shelf Life: Ten months from date of manufacture, refrigerated at 36-41°F.

Shipping and Storage: Storage should be in a clean facility, with storage temperatures of 36-41°F. Shipping temperatures of 36-41°F are recommended.

Country of Origin: United States of America

Serving Information	
Unit Size:	Servings per container:
4 oz	*About 4
5 lbs	*About 80
20 lbs	*About 320

Nutrition Facts

Servings Per Container	1 oz (28g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 460mg	20%
Total Carbohydrate 8g	3%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 278mg	20%
Iron 0mg	0%
Potassium 8mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet.

Title	Follow Your Heart Dairy-Free Cheese Parmesan Style – Shredded & Blocks			Page	1 of 3
Document	Product Specifications	Author	Raymond Serna	Version Date	2022-07-20
Follow Your Heart • Earth Island Natural Foods Chatsworth, CA, USA Tel 818-725-2820 • Fax 818-725-2812 • www.followyourheart.com					

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SKU & PACKAGING DETAILS

UNIT INFORMATION						
Product Code	Unit Size	Package Description	UPC A	Net Weight	Gross Weight	Dimensions L x W x H (in.)
60004	4 oz	plastic tub, plastic lid	0-49568-60004-8	0.25 lbs	0.37 lbs	4.6 x 4.6 x 2.362
60080	5 lbs	Plastic bag	0-49568-60080-2	5 lbs	5.1 lbs	14 x 8 x 2.5
60020	20 lbs	Plastic liner bag in corrugated	0-49568-60020-8	20 lbs	20.745 lbs	13.25 x 11.25 x 4.25

CASE & PALLET INFORMATION								
Product Code	Case Pack	GTIN	Net Weight	Gross Weight	Dimensions L x W x H (in.)	Case Cube	Cases/Pallet	T x H
60004	8/4 oz	80-049568-60004-4	2 lb	2.8 lb	9.625 x 9.625 x 5.125	0.27	200	20 x 10
60080	3/5 lbs	30-049568-60080-3	15 lb	16.25 lb	9.375 x 9.375 x 10.188	0.52	84	14 x 6
60020	1/20 lbs	10-049568-60020-5	20 lb	20.745 lb	13.25 x 11.25 x 4.25	0.37	108	12 x 9

Full Product Name: Dairy-Free Cheese Parmesan Style – Shreds & Bulk Block

Short Name: Parm Shreds

Front of label claims: Dairy-Free, Vegan, Soy Free, Casein Free, Gluten Free, non-gmo

Preparation: Ready to eat.

Use within 7-10 days after opening

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Customer Approval

Follow Your Heart Dairy-Free Cheese Parmesan Style

I have reviewed and agree to the information provided to me in this document.

Company Name: _____

Signature: _____

Printed Name: _____

Title: _____

Date: _____

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