



## Light Gouda (Cantenaar)

With less fat and salt than many other cheeses, the Cantenaar is considered a "healthy" cheese.

For more details on this cheese, we invite you to consult the French form.




### CHARACTERISTICS


Paste	Firm
Intensity	Moderate
Milk Origin	Cow
Milk Treatment	Pasteurized
Country	Netherlands
Region	N/A
Details	N/A
Producer	N/A
Fat	19%
Minimum Refinement	4 month(s)
Family	Hard uncooked cheese
Manufacturing Mode	Industrial production
Particularities	Low in fat
Aspect	N/A
Taste	N/A

### PAIRING

#### White Wine

 **Delicate and light**  
Muscadet, Sylvaner

#### Red Wine

 **Fruity and light**  
Saumur Champigny, Minervois

#### Beer

 **Noire Amère**  
Porter

### SIMILAR PRODUCTS

- » [Beemster allégé \(en\)](#)
- » [Gouda écrémé \(en\)](#)