

Milk, Non Fat Milk, .5 Pint

Nutrition Facts

1 serving per container

Serving size **8 fl oz (227g)**

Amount Per Serving

Calories **150**

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 4.5g **23%**

Trans Fat 0g

Cholesterol 30mg	10%
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Sodium 105mg **5%**

Total Carbohydrate	12g	4%
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Dietary Fiber 0g **0%**

Total Sugars 12g

Includes 0g Added Sugars **0%**

Protein 8g

Vitamin D 0.2mcg	0%
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Calcium 300mg	25%
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Iron 1mg	6%
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Potassium 0mg	0%
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* 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.

INGREDIENTS: RAW WHOLE MILK,
PASTEURIZED SKIM MILK POWDER

CONTAINS: MILK

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