Elmhurst Blueberry Milked Oats

Nutrition Facts

1 servings per container 1 bottle (355ml)

Amount Per Serving **Calories**

Serving size

150

% Daily Value*

Total Fat 2.5q 3%

Saturated Fat 0.5g 3% Trans Fat 0a

Cholesterol 0mg 0%

Sodium 180mg 8%

Total Carbohydrate 27a 10%

Dietary Fiber 3q 11%

Total Sugars 6q

Includes 5g Added Sugars 10%

Protein 4q

Vitamin D 0mca

0%

2% 6%

Calcium 29mg

Iron 1ma

2%

Potassium 138mg

*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.