

Elmhurst-Oat Latte Flash Brew

Nutrition Facts

1 servings per container

Serving size 1 Bottle (355ml)

Amount Per Serving

Calories **200**

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 1g **5%**

Trans Fat 0g

Polyunsaturated Fat 3.5g

Monounsaturated Fat 1.5g

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carbohydrate 30g **11%**

Dietary Fiber 3g **11%**

Total Sugars 7g

Includes 5g Added Sugars **10%**

Protein 5g

Vitamin D 0mcg **0%**

Calcium 41mg **4%**

Iron 2mg **10%**

Potassium 375mg **8%**

*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.