

# Nutrition Facts

1 servings per container

**Serving size** 1 carton (237ml)

Amount Per Serving

**Calories** **190**

% Daily Value\*

**Total Fat** 7g **9%**Saturated Fat 1g **5%***Trans* Fat 0g**Cholesterol** 10mg **3%****Sodium** 210mg **9%****Total Carbohydrate** 16g **6%**Dietary Fiber 3g **11%**

Total Sugars 4g

Includes 4g Added Sugars **8%****Protein** 16g

Vitamin D 12mcg 60%

Calcium 325mg 25%

Iron 4.5mg 25%

Potassium 282mg 6%

Vitamin A 25%

Vitamin C 50%

Vitamin E 50%

Vitamin K 25%

Thiamin 25%

Riboflavin 40%

Niacin 25%

Vitamin B6 45%

Folate 100mcg DFE 25%  
(60mcg folic acid)

Vitamin B12 50%

Biotin 25%

Pantothenic Acid 25%

Phosphorus 25%

Iodine 25%

Magnesium 10%

Zinc 30%

Selenium 25%

Copper 20%

Manganese 25%

Chromium 100%

Molybdenum 25%

Chloride 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.