

Nutrition Facts

1 serving per container

Serving size

1/2 cup (104g)

	Per serving	Per container
Calories	140	560
	% DV*	% DV*
Total Fat	5g 6%	21g 27%
Saturated Fat	4g 20%	16g 80%
Trans Fat	0g	0g
Cholesterol	20mg 7%	75mg 25%
Sodium	35mg 2%	135mg 6%
Total Carb.	19g 7%	80g 29%
Dietary Fiber	2g 7%	9g 32%
Total Sugars	15g	62g
Incl. Added Sugars	2g 4%	7g 14%
Protein	3g	13g
Vitamin D	0mcg 0%	0mcg 0%
Calcium	110mg 8%	440mg 35%
Iron	0.4mg 2%	1.6mg 10%
Potassium	170mg 4%	720mg 15%

* 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.

Important Notice

The product manufacturer is responsible for insuring the accuracy of the final data and for using the correct label format. This information is no substitute for chemical analyses but is intended to provide estimates of composition.

INGREDIENTS: PASTEURIZED ORGANIC MILK, PASTEURIZED ORGANIC CREAM (MILK), ORGANIC CANE SUGAR, SKIM MILK, MALTODEXTRIN, DEXTROSE, STABILIZER (GUAR GUM, SUCROSE, CARRAGEENAN, LOCUST BEAN GUM, POTASSIUM CHLORIDE), RASPBERRIES, BLACKBERRIES, LEMON JUICE.