

CHOCOLATE FAT FREE MILK 8 OZ

Nutrition Facts

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Serving size (8oz)

Amount per serving

Calories 110

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol Less than 5mg 1%

Sodium 180mg 8%

Total Carbohydrate 19g 7%

Dietary Fiber 0g 0%

Total Sugars 17g

Includes 7g Added Sugars 14%

Protein 7g

Vitamin A 166mcg 20%

Vitamin D 3mcg 15%

Calcium 249mg 20%

Iron 0mg 0%

Potassium 340mg 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.