

WHOLE MILK 8 OZ

Nutrition Facts

--
Serving size (8oz)

Amount per serving

Calories 140

% Daily Value *

Total Fat 8g 10%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 30mg 10%

Sodium 90mg 4%

Total Carbohydrate 12g 4%

Dietary Fiber 0g 0%

Total Sugars 11g

Includes 0g Added Sugars 0%

Protein 7g

Vitamin A 72mcg 8%

Vitamin D 4mcg 20%

Calcium 264mg 20%

Iron 0mg 0%

Potassium 327mg 6%

* 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.