

FAT FREE MILK 8 OZ

Nutrition Facts

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Serving size (8oz)

Amount per serving
Calories 80

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 85mg 4%

Total Carbohydrate 10g 4%

Dietary Fiber 0g 0%

Total Sugars 10g

Includes 0g Added Sugars 0%

Protein 9g

Vitamin D 2mcg 10%

Calcium 287mg 20%

Iron 0mg 0%

Potassium 345mg 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.