

14% Plain Mix

Nutrition Facts

Serving Size 100 grams

Servings Per Container

Amount per Serving

Calories 220 **Calories from Fat** 125

% Daily Value*

Total Fat	14 g	22%
Saturated fat	9 g	47%
Cholesterol	55 mg	19%
Sodium	50 mg	2%
Total Carbohydrate	20 g	7%
Dietary fiber	0 g	0%
Sugars	20 g	
Protein	3 g	

Vitamin A 10% • **Vitamin C 0%**

Calcium 10% • **Iron 0%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

MILKFAT AND NONFAT MILK SOLIDS, SUGAR, CORN SYRUP,
BUTTERMILK POWDER, MONO AND DIGLYCERIDES, CELLULOSE GUM, GUAR GUM,
POLYSORBATE 80 AND CARRAGEENAN

THIS PRODUCT CONTAINS 0 GRAMS OF TRANS FATS PER 100 GRAMS