

PF UHT Premium Dark Chocolate

10/24/2019

Nutrition Facts

8 servings per container

Serving size 1 Cup (240 ml)

Amount per serving

Calories 210

% Daily Value*

Total Fat 8g 10%

Saturated Fat 6g 30%

Trans Fat 0g

Cholesterol 35mg 12%

Sodium 180mg 8%

Total Carbohydrate 26g 9%

Dietary Fiber 1g 4%

Total Sugars 23g

Includes 13g Added Sugars 26%

Protein 8g

Vitamin D 2.3mcg 10%

Calcium 260mg 20%

Iron 1.6mg 8%

Potassium 460mg 10%

*The % Daily Value 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.

INGREDIENTS: Milk, Sugar, Cocoa, Salt, Carrageenan, Vitamin D3.