



Fat Free Powdered Milk

USDA GRADE A NONFAT DRY MILK



Serving Suggestion
Photo Enlarged to Show Texture

DIRECTIONS

For 1 Serving mix 4 tablespoons milk powder to one cup cold water. Stir vigorously. Best if chilled before serving.

INGREDIENTS

Non Fat Dry Milk.

Allergen: Milk.

This product is produced on equipment that also processes products containing Egg, Soy, Milk, Tree Nuts and Peanut.

Nutrition Facts

Serving Size 4 tbsp. (27g)
Servings Per Container 8

Amount Per Serving

Calories 100 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 135mg **6%**

Total Carbohydrate 14g **5%**

Dietary Fiber 0g **0%**

Sugars 14g

Protein 9g

Vitamin A 0% • Vitamin C 4%

Calcium 35% • Iron 0%

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

NET WT 7.6 OZ (216g)

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