

Thick & Easy Dairy-Honey

Nutrition Facts

Serving size 1 cup (8fl oz)

Amount Per Serving

Calories **180**

% Daily Value*

Total Fat 5g **6%**

Saturated Fat 4g **18%**

Trans Fat 0g

Monounsaturated Fat 1g

Cholesterol 20mg **7%**

Sodium 240mg **10%**

Total Carbohydrate 26g **9%**

Dietary Fiber 0g **0%**

Total Sugars 15g

Includes 5g Added Sugars **10%**

Protein 8g **14%**

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 0mg 0%

Potassium 280mg 6%

Vitamin A 15%

Phosphorus 0%

Magnesium 0%

Zinc 0%

Copper 0%

*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.