

# Thick & Easy Dairy-Nectar

## Nutrition Facts

Serving size 1 cup (8fl oz)

Amount Per Serving

**Calories** 170

% Daily Value\*

**Total Fat** 5g 6%

Saturated Fat 4g 18%

*Trans* Fat 0g

Monounsaturated Fat 1g

**Cholesterol** 20mg 7%

**Sodium** 210mg 9%

**Total Carbohydrate** 23g 8%

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 26%

Magnesium 7%

Zinc 7%

Copper 1%

\*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.