

Elmhurst Milk Oats
Chocolate

Nutrition Facts

4 servings per container

Serving size 8 fl oz (240ml)

Amount Per Serving

Calories **130**

% Daily Value*

Total Fat 2.5g **3%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 125mg **5%**

Total Carbohydrate 23g **8%**

Dietary Fiber 4g **14%**

Total Sugars 5g

Includes 4g Added Sugars **8%**

Protein 4g

Vitamin D 0mcg **0%**

Calcium 22mg **2%**

Iron 1mg **6%**

Potassium 249mg **6%**

*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.