

CHOCOLATE CHERRY OVERNIGHT OATS

NUTRITION

USING 1% CHOCOLATE MILK

CALORIES 345
PROTEIN 13 G
TOTAL CARBOHYDRATE 53 G
FIBER 11.5 G
TOTAL FAT 11 G
SAT. FAT 2 G
SODIUM 140 MG
CALCIUM 193 MG
POTASSIUM 129 MG

USING WHOLE CHOCOLATE MILK

CALORIES 375
PROTEIN 13 G
TOTAL CARBOHYDRATE 56 G
FIBER 10.5 G
TOTAL FAT 14 G
SAT. FAT 2 G
SODIUM 120 MG
CALCIUM 183 MG
POTASSIUM 338 MG

