

# CHOCOLATE MILK BROWNIES

## NUTRITION

### USING 1% CHOCOLATE MILK

**CALORIES 310**

**PROTEIN 4 G**

**TOTAL CARBOHYDRATE 53 G**

**FIBER 0.3 G**

**TOTAL FAT 21 G**

**SAT. FAT 11 G**

**SODIUM 172 MG**

**CALCIUM 16 MG**

**POTASSIUM 20 MG**

### USING WHOLE CHOCOLATE MILK

**CALORIES 315**

**PROTEIN 4 G**

**TOTAL CARBOHYDRATE 53 G**

**FIBER 0.3 G**

**TOTAL FAT 21 G**

**SAT. FAT 11 G**

**SODIUM 170 MG**

**CALCIUM 16 MG**

**POTASSIUM 31 MG**

