

CHOCOLATE PEANUT BUTTER CHIA SEED PUDDING

NUTRITION

USING 1% CHOCOLATE MILK

CALORIES 505
PROTEIN 24 G
TOTAL CARBOHYDRATE 51 G
FIBER 22 G
TOTAL FAT 19 G
SAT. FAT 5.2 G
SODIUM 260 MG
CALCIUM 350 MG
POTASSIUM 127 MG

USING WHOLE CHOCOLATE MILK

CALORIES 570
PROTEIN 24 G
TOTAL CARBOHYDRATE 57 G
FIBER 24 G
TOTAL FAT 35 G
SAT. FAT 9 G
SODIUM 220 MG
CALCIUM 330 MG
POTASSIUM 545 MG

