

GOLDEN MILK HOT CHOCOLATE

NUTRITION

USING 1% CHOCOLATE MILK

CALORIES 275

PROTEIN 9 G

TOTAL CARBOHYDRATE 32 G

FIBER 1.9 G

TOTAL FAT 3 G

SAT. FAT 1.6 G

SODIUM 190 MG

CALCIUM 311 MG

POTASSIUM 51 MG

USING WHOLE CHOCOLATE MILK

CALORIES 265

PROTEIN 9 G

TOTAL CARBOHYDRATE 38 G

FIBER 1.9 G

TOTAL FAT 9 G

SAT. FAT 5.3 G

SODIUM 150 MG

CALCIUM 291 MG

POTASSIUM 468 MG

