

PEANUT BUTTER CHOCOLATE MILK WHIP

NUTRITION

USING 1% CHOCOLATE MILK

CALORIES 355
PROTEIN 21 G
TOTAL CARBOHYDRATE 27 G
FIBER 1.6 G
TOTAL FAT 19 G
SAT. FAT 4.8 G
SODIUM 350 MG
CALCIUM 333 MG
POTASSIUM 179 MG

USING WHOLE CHOCOLATE MILK

CALORIES 420
PROTEIN 21 G
TOTAL CARBOHYDRATE 33 G
FIBER 1.6 G
TOTAL FAT 25 G
SAT. FAT 8.6 G
SODIUM 310 MG
CALCIUM 313 MG
POTASSIUM 597 MG

