

WHIPPED CHOCOLATE MILK

NUTRITION

USING 1% CHOCOLATE MILK

CALORIES 285

PROTEIN 7 G

TOTAL CARBOHYDRATE 15 G

FIBER 2 G

TOTAL FAT 23 G

SAT. FAT 15 G

SODIUM 110 MG

CALCIUM 190 MG

POTASSIUM 57 MG

USING WHOLE CHOCOLATE MILK

CALORIES 320

PROTEIN 7 G

TOTAL CARBOHYDRATE 18 G

FIBER 2 G

TOTAL FAT 26 G

SAT. FAT 16 G

SODIUM 90 MG

CALCIUM 180 MG

POTASSIUM 266 MG

