

EV Nicaragua Milk

Nutrition Facts

Serving Size: 30g (30g)

Servings Per Container: About 2.5

Amount Per Serving

Calories 160 Calories from Fat 110

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 7g **35%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 20mg **1%**

Total Carbohydrate 14g **5%**

Dietary Fiber 3g **12%**

Sugars 11g

Protein 3g

Vitamin A 2% • Vitamin C 0%

Calcium 8% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.