

Farmer's All Natural Buttermilk

Serving Size: 1 Cup

Servings Per Container: 8

Ingredients: Cultured Lowfat Milk, Nonfat Milk, Modified Food Starch, Sodium Citrate, Locust Bean Gum, Carrageenan, Salt, Vitamins A&D

Amount Per Serving			
Calories 110		Calories from Fat	
		% Daily Value	
Total Fat 2.5g			4%
Saturated Fat 1.5g			8%
Trans Fat 0g			
Cholesterol 15mg			4%
Sodium 250mg			11%
Potassium 430mg			12%
Total Carbohydrate 14g			5%
Dietary Fiber 0g			0%
Sugars 12g			
Protein 9g			
Vitamin A 10%			Calcium 30%
Vitamin C 4%			Iron 0%
Vitamin D 25%			
<hr/>			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g
Calories per gram			
Fat 9	Carbohydrate 4	Protein 4	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.