

Califia Unsweetened Oatmilk

Serving Size: 8fl oz (240mL)

Servings Per Container: 6

Ingredients: Oatmilk (Water, Oats), Sunflower Oil, Minerals (Dipotassium Phosphate, Calcium Carbonate, Tricalcium Phosphate, Sea Salt).

Amount Per Serving			
Calories			100
		% Daily Value	
Total Fat 7g			9%
Saturated Fat 1g			5%
Trans Fat 0g			
Polyunsaturated Fat .5g			
Monounsaturated Fat 5g			
Cholesterol 0mg			0%
Sodium 100mg			4%
Total Carbohydrate 9g			3%
Dietary Fiber 1g			4%
Total Sugars 2g			
Includes 0g Added Sugars			0%
Protein 2g			
Vitamin D 0mcg			0%
Calcium 245mg			20%
Iron 0mg			0%
Potassium 325mg			6%
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	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

Carbohydrates 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.