

WHOLE BUTTERMILK (Serving Size 8 oz)

PURITY MILK PRODUCTS

Nutrition Facts

Serving Size 1 Cup (240mL)

Servings Per Container

Amount Per Serving

Calories 150 Calories from Fat 70

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 5g **26%**

Trans Fat 0g

Cholesterol 35mg **11%**

Sodium 340mg **14%**

Total Carbohydrate 13g **4%**

Dietary Fiber 0g **0%**

Sugars 12g

Protein 8g **16%**

Vitamin A 6% Vitamin C 4%

Calcium 30% Iron 0%

Vitamin D 25%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:

Fat 9 Carbohydrate 4 Protein 4

INGREDIENTS: Cultured nonfat milk, cream, salt, food starch - modified, locust bean gum, mono and diglycerides, carrageenan, dextrose, sodium citrate, vitamin A palmitate, vitamin D3.