

Nutrition Facts

Per (562 g)

Calories 290

% Daily Value*

Fat 13 g	18 %
Saturated 8 g	41 %
+ Trans 0.3 g	

Carbohydrate 29 g

Fibre 1 g	2 %
Sugars 27 g	27 %

Protein 16 g

Cholesterol 50 mg

Sodium 230 mg 10 %

Potassium 700 mg 15 %

Calcium 550 mg 43 %

Iron 0.3 mg 1 %

*5% or less is **a little**, 15% or more is **a lot**

Ingredients: Milk, fluid, partly skimmed, 2% M.F., Hot chocolate, mix, powder, prepared with 2% milk, Water - Municipal Tap Water, Filtered , Cream, whipped, cream topping, pressurized, Coffee, brewed, espresso, restaurant prepared, Spices, cinnamon, ground

Contains: Milk