

Nutrition Facts

Per (424 g)

Calories 230

% Daily Value*

Fat 11 g	15 %
Saturated 6 g	33 %
+ Trans 0.2 g	

Carbohydrate 22 g	
Fibre 1 g	2 %
Sugars 20 g	20 %

Protein 12 g

Cholesterol 40 mg

Sodium 170 mg	7 %
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Potassium 550 mg	11 %
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Calcium 400 mg	32 %
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Iron 0.2 mg	1 %
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*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