

Nutrition Facts

Per (246 g)

Calories 150

% Daily Value*

Fat 8 g	11 %
Saturated 4.5 g	24 %
+ Trans 0.1 g	

Carbohydrate 14 g	
Fibre 1 g	2 %
Sugars 12 g	12 %

Protein 7 g

Cholesterol 30 mg

Sodium 90 mg	4 %
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Potassium 300 mg	7 %
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Calcium 250 mg	19 %
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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