

Nutrition Facts

Per (268 g)

Calories 140

% Daily Value*

Fat 4.5 g 6 %
Saturated 3 g 16 %
+ Trans 0.2 g

Carbohydrate 16 g
Fibre 1 g 2 %
Sugars 15 g 15 %

Protein 8 g

Cholesterol 20 mg

Sodium 115 mg 5 %

Potassium 350 mg 7 %

Calcium 300 mg 23 %

Iron 0.1 mg 1 %

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

Ingredients: Milk, fluid, partly skimmed, 2% M.F., BREWED TEA (WATER, ORGANIC BLACK TEA, SPICE EXTRACTS [CASSIA, GINGER, CARDAMOM, CLOVE, ANISE, NUTMEG, BLACK PEPPER], NATURAL FLAVORS), ORGANIC CANE SUGAR, CONTAINS LESS THAN 1% OF ORGANIC CARAMEL COLOR, ORGANIC GINGER JUICE, CITRIC ACID, NATURAL FLAVORS., Spices, cinnamon, ground

Contains: Milk