Elmhurst Barista Edition - Milked Oats

## **Nutrition Facts**

4 servings per container

Serving size	8 fl oz (240ml)
Amount Per Serving Calories	80
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	5%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 3g Added Si	ugars 6%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 1mg	6%
Potassium 515mg	10%
*The % Daily Value (DV) tells you how much a nutrient in a	

I ne % Daily Value (DV) tells you now much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.