Elmhurst Unsweetened Milked Oats **Nutrition Facts**

4 servings per container

Serving size 8 fl oz (240ml) **Amount Per Serving**

Calories	80
	% Daily Value

Total Fat 1.5q 2% Saturated Fat 0g 0%

0%

Trans Fat 0a Cholesterol 0mg

Sodium 120mg 5%

Total Carbohydrate 14a 5% Dietary Fiber 2q

7% Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 4q

Vitamin D 0mca 0%

Calcium 18mg

2% 6%

Iron 1ma

Potassium 94mg 2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet, 2,000 calories a

day is used for general nutrition advice.