

Elmhurst Maple Walnut Barista

Nutrition Facts

4 servings per container

Serving size 8 fl oz (240ml)

Amount Per Serving

Calories **140**

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 0.5g **4%**

Trans Fat 0g

Polyunsaturated Fat 4.5g

Monounsaturated Fat 1g

Cholesterol 0mg **0%**

Sodium 105mg **4%**

Total Carbohydrate 15g **5%**

Dietary Fiber 1g **5%**

Total Sugars 4g

Includes 4g Added Sugars **7%**

Protein 3g

Vitamin D 0mcg **0%**

Calcium 39mg **4%**

Iron 1mg **6%**

Potassium 670mg **15%**

*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.