

Ingredient Report

Ingredient Name: Milk, Chocolate or Vanilla, Fat Free, Schneider's, Milk

Ingredient Code: SI101684

Allergens: Contains Milk

Measure	Weight In Grams
1 cup serving (L v1)	245.00

Nutrients per 100 g

FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
53.061	0.000	0.000	0.000	0.000	48.980	9.796	0.000	8.980	3.265	0.000	122.449	204.082	0.980	(M)	(M)

Nutrients per 1 cup serving (245.000 g)

FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
130.000	0.000	0.000	0.000	0.000	120.000	24.000	0.000	22.000	8.000	0.000	300.000	500.000	2.400	(M)	(M)

(M) Indicates missing values.

1 Trans Fat is provided for informational purposes, not for monitoring purposes.