

# Gossner Fat Free Chocolate Milk - Nutrition Facts

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Serving Size: 8 fl oz (236 mL)

| Nutrient           | Amount per Serving |
|--------------------|--------------------|
| Calories           | 130 kcal           |
| Total Fat          | 0 g                |
| Saturated Fat      | 0 g                |
| Trans Fat          | 0 g                |
| Cholesterol        | 5 mg               |
| Sodium             | 180 mg             |
| Total Carbohydrate | 23 g               |
| Dietary Fiber      | 1 g                |
| Total Sugars       | 22 g (10 g added)  |
| Protein            | 8 g                |
| Calcium            | 300 mg             |
| Potassium          | 370 mg             |
| Vitamin A          | 15% DV             |
| Vitamin D          | 10% DV             |
| Iron               | 1 mg (6% DV)       |

Ingredients: Grade A nonfat milk, liquid sugar, cocoa (processed with alkali), corn starch, salt, carrageenan, guar gum, vanillin, vitamin A palmitate, vitamin D3.

Source: Gossner Foods product spec sheet.