## **Smiling Hill Farm** BLUEBERRY MILK (Pint) **Nutrition Facts**

## Serving Size 1 Cup (240 ml)

Servings Per Container 2

Amount Per Serving

Calories 230

Calories from Fat 70

% Daily Value

Total Fat 8a

Saturated Fat 5g

Trans Fat 0g

Cholesterol 30mg

Sodium 115mg

Total Carbohydrate 30g Dietary Fiber <1g

Sugars 30g

Protein 8q

Vitamin A

Vitamin C

Calcium

Iron

Vitamin D

\*Percent Daily Values are based on a 2000 calorie diet.

vour calorie needs.

Benzoate (preservative)

Ingredients: Grade A Pasteurized Milk, Pure Cane Sugar, Blueberry Juice Concentrate, Natural & Artificial Flavorings, Citric Acid, FD&C Blue #2, FD&C Red #40, Sodium

0%

12%

25%

10%

5% 11%

0%

17%

6%

4%

30%

0%

Your daily values may be higher or lower depending on