Nutrition Facts

Product **Lowfat Buttermilk - 1% Milkfat**

Serving Size: 1 Cup (236mL)

Calories	100	Calories from Fat	25
		% Daily Value*	
Total Fat	2.5g		4%
Saturated Fat	1.5g		8%
Trans Fat	0g		
Cholesterol	10mg		3%
Sodium	330mg		14%
Carbohydrate	11g		4%
Dietary Fiber	0g		0%
Sugar	11g		
Protein	8g	Vitamin D	25%
Vitamin A	10%	Vitamin C	4%
Calcium	30%	Iron	0%

* % Daily Values are based on a 2,000 calorie diet

Ingredients: cultured pasteurized lowfat milk, salt, vitamin A palmitate and vitamin D3 added