

Nutrition Facts

8 servings per container

Serving size 1 Cup (115g) Dry
(about 1 1/2 Cups prepared)

Amount per serving

Calories **480**

% Daily Value*

Total Fat 16g	21%
Saturated Fat 13g	65%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 430mg	19%
Total Carbohydrate 61g	22%
Dietary Fiber 3g	11%
Total Sugars 37g	
Includes 31g Added Sugars	62%
Protein 29g	41%
Vitamin D 18mcg	90%
Calcium 322mg	25%
Iron 3mg	15%
Potassium 899mg	20%
Vitamin A 1130mcg	130%
Vitamin C 1mg	2%
Riboflavin 0.1mg	8%
Vitamin B ₁₂ 0.5mcg	20%
Phosphorus 482mg	40%
Magnesium 83mg	20%
Zinc 1mg	10%
Copper 0.4mg	45%
Manganese 0.4mg	15%

*The % Daily Value 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.

INGREDIENTS: whey protein (whey protein concentrate, sunflower oil lecithin), sugar, creamer (coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, sugar, mono and diglycerides, silicon dioxide, polysorbate 80, tetrasodium pyrophosphate, soy lecithin), modified food starch, nonfat dry milk, cocoa, non-iodized salt, vitamin A palmitate, silicon dioxide, vitamin D3.

Contains Milk, Soy.

SERVING SIZE: (about 1 1/2 Cups prepared)

Net Weight: 32.4 oz (2 lb 0.43 oz) (919 g)

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Contains a bioengineered food ingredient: Starch, Creamer