



# Fat Free Powdered Milk

USDA GRADE A NONFAT DRY MILK



Serving Suggestion  
Photo Enlarged to Show Texture

## DIRECTIONS

Mix 4 tablespoons milk powder to one cup cold water. Stir vigorously. Best if chilled before serving.

## INGREDIENTS

Grade A Nonfat Dry Milk

Allergen: Milk

## Nutrition Facts

Serving Size: 4 tablespoons (27g)  
Servings Per Container: 40

Amount Per Serving	
Calories 90	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 150mg	<b>6%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 14g	
<b>Protein</b> 9g	

Vitamin A 2%	Vitamin C 0%
Calcium 8%	Iron 0%
Vitamin D 6%	Copper 0%

\*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9	Carbs 4	Protein 4	

FDA Plant # 49-09



NET WT 2 lbs 6.1 oz (1.08kg)

Legacy Food Storage • Salt Lake City, UT • [www.legacyfoodstorage.com](http://www.legacyfoodstorage.com)