Country Fresh®

100% Instant Nonfat Dry Milk

Nutrition Facts

Serving Size: 5 Tbsp (21g) Dry Servings Per Container: 302

Amount Per Serv	ing	
Calories 80	Calories 1	from Fat 0
	g	% Daily Value*
Total Fat Og		0%
Saturated Fat Og		0%
Trans Fat 0	g	
Cholesterol Omg		0%
Sodium 115mg		5%
Total Carbohydrate 11g		4%
Dietary Fibe	er Og	0%
Sugars 10g		
Protein 7g		

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

Vitamin A 10%

Vitamin D 20%

Calcium 35%

	l	Calories	2,000	2,500
	Total Fat	Less than		80g
ı	Saturated Fat	Less than	20g	25g
	Cholesterol	Less than	300mg	300mg
	Sodium	Less than	2,400mg	2,400mg
	Total Carbohydrate		300g	375g
	Dietary Fiber	25g	30g	
	Calories per gra	m: Fat 9 •	Carbs 4 •	Protein 4

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Vitamin C 4%

Riboflavin 0%

Iron 0%

Contains oxygen absorber.

Discard immediately upon opening.

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PAIL MAKES APPROXIMATELY 17 GALLONS.

DIRECTIONS:

Using the chart below, stir dry milk into corresponding volume of cold water. For best consistency, cover and chill at least 4 hours before serving.

NONFAT DRY MILK		
5 Tbsp or ab	out 1/3 Cup	1
1 1/3 Cups	1 Quart	
2 2/3 Cups	2 Quarts	
5 1/3 Cups	1 Gallon	
	5 Tbsp or ab 1 1/3 Cups 2 2/3 Cups	NONFAT DRY MILK 5 Tbsp or about 1/3 Cup 1 1/3 Cups 1 Quart 2 2/3 Cups 2 Quarts 5 1/3 Cups 1 Gallon

INGREDIENTS: Nonfat milk (nonfat dry milk, vitamin A palmitate and vitamin D3).

Contains allergen: Milk.