

Nightfood

After Dinner Mint Chip

Nutrition Facts			
3 servings per container			
Serving size		2/3 cup (91g)	
	Per Serving	Per Container	
Calories	120	350	
	% Daily Value*	% Daily Value*	
Total Fat	3g 4%	9g	12%
Saturated Fat	2g 10%	6g	30%
Trans Fat	0g	0g	
Cholesterol	5mg 2%	20mg	7%
Sodium	125mg 5%	370mg	16%
Total Carbohydrate	20g 7%	60g	22%
Dietary Fiber	6g 21%	17g	61%
Total Sugars	9g	27g	
Includes Added Sugars	4g 8%	13g	26%
Protein	8g 16%	25g	48%
Vitamin D	0mcg 0%	0mcg	0%
Calcium	260mg 20%	779mg	60%
Iron	0mg 0%	1mg	6%
Potassium	177mg 4%	530mg	10%
Vitamin B6	0.4mg 25%	1.3mg	80%
Magnesium	46mg 10%	139mg	35%
Zinc	1mg 10%	4mg	35%

*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

Skim milk, milk protein concentrate, brown rice syrup, prebiotic fiber (inulin), cream, choco flakes (confectioner's sugar, coconut oil, cocoa processed with alkali, cocoa, butter oil, soy lecithin, natural flavor), glycerin, tapioca syrup, Nightfood mineral blend (calcium citrate, magnesium citrate, zinc citrate), natural peppermint flavor, cellulose gel, salt, cellulose gum, tara gum, guar gum, monk fruit extract, lactase enzyme, vitamin B6 (pyridoxine hydrochloride).

Contains: milk, soy.