



South Mtn Creamery

32109 - Chocolate Whole Milk

South Mountain Creamery Milk is minimally processed by the same family and team that milks the cows and bottled within 12 hours of milking. Wholesome, nutritious food created with integrity, transparency and honesty.



Nutrition Facts

Servings per Container **8**
Serving size **8FLOZ (240MLT)**

Amount per serving
Calories 220

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 6g	30%
Trans Fat	
Cholesterol 35mg	12%
Sodium 210mg	9%
Total Carbohydrate 210g	10%
Dietary Fiber 0g	3%
Total Sugars 26g	
Includes 15g Added Sugar	%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 290mg	25%
Iron 1.3mg	6%
Potassium 470mg	10%

* The % Daily Value (DV) 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.

* Benefits

South Mountain Creamery Milk is minimally processed by the same family and team that milks the cows. Wholesome, nutritious food created with integrity, transparency and honesty. We pride ourselves on being farmer operated and family owned, practicing responsible farming practices and ethical treatment of the animals. Non-GMO, grass-fed, and farmer-owned. Fresh. Simple. Wholesome. You can truly taste the difference.

Ingredients

Grade A milk, cane sugar, cocoa (processed with alkali), dextrose, cornstarch, salt, carrageenan, and natural vanilla

Allergens

Contains:



Free From:



Handling Suggestions

Keep refrigerated

Serving Suggestions

Serve and enjoy!

Prep & Cooking Suggestions

No preparation necessary, serve and enjoy!

Product Specifications

Brand	Manufacturer
South Mtn Creamery	South Mountain Creamery

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
812813020089	277	32109			6/64 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
42.5lb	42lb	United States	No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
13in	10in	13in	0.98ft3	12x5	15days	35°F / 37°F



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Nutrition Analysis - By Measure

Calories	220	Total Fat	9g	Sodium	210mg
Protein	9	Trans Fats		Calcium	290mg
Total Carbohydrates...	210g	Saturated Fat	6g	Iron	1.3mg
Sugars	26g	Added Sugars	15g	Potassium	470mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	35mg		
Vitamin A(U)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

Additional Images

