HILAND

194563 - **Milk Buttermilk Cultured**

It is a fantastic cooking ingredient. Its a tasty and healthy drink as well -- being low in fat, but high in calcium and has good bacteria, that is, acidolphilus which aids in digestion. People with digestive problems are often advised to drink buttermilk rather than milk as it is more quickly digested.

SGC FOODSERVICE

Nutrition Facts

Servings per Container	**72**
Serving size	**8FO (8floz)**
Amount per serving	
Calories	**120**
	% Daily Value*
Total Fat 3g	**4%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 15mg	**5%**
Sodium 480mg	**21%**
Total Carbohydrate 15g	**5%**
Dietary Fiber 0g	**0%**
Total Sugars 13g	
Includes Added Sugar	**%**
Protein 9g	
Vitamin D	**%**
Calcium	**35%**
Iron 0mg	**0%**
Potassium	**%**

* 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

Ingredients

Lowfat milk, nonfat dry milk, stabilizer (modified corn starch, mono and diglycerides, carrageenan and locust bean gum, and salt), salt, sodium citrate, cutlure, Vitamin A palmitate.

Allergens

Contains:

milk

Handling Suggestions

Plastic half gallon jug. -- Maintain below 40 degrees.

Serving Suggestions

Beverage for any meal.

Prep & Cooking Suggestions

Open and serve. Great for making buttermilk biscuits.

Product Specifications

Brand	Manufacturer	Product Category
HILAND	HILAND DAIRY	Milk, White & Flavored

MFG #	SPC #	GTIN	Pack	Pack Desc.
1462	194563	20072060025112	9	9/.5 GAL

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
42.65lb	42.35lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
12.8in	12.8in	10.8in	1.02ft3	9x4	360DAYS	33°F / 39°F

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Nutrition Analysis - By Serving

Calories	120	Total Fat	3g	Sodium	480mg
Protein	9	Trans Fats	0g	Calcium	
Total Carbohydrates•••	15g	Saturated Fat	2g	Iron	0mg
Sugars	13g	Added Sugars		Potassium	
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	15mg		
Vitamin A(IU)•		Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images

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