



HILAND

195529 - Milk Skim Fat Free Half Pint

Although skim milk has fewer calories and no fat, it still measures up to the other varieties of milk when it comes to nutritional value and calcium. Excellent way to get calcium intake without the unwanted fat and calories.



Nutrition Facts

Servings per Container
Serving size

Amount per serving
Calories

	% Daily Value*
Total Fat	%
Saturated Fat	%
Trans Fat	
Cholesterol	%
Sodium	%
Total Carbohydrate	%
Dietary Fiber	%
Total Sugars	
Includes Added Sugar	%
Protein	
Vitamin D	%
Calcium	%
Iron	%
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

⚠ Allergens

Handling Suggestions

Maintain below 40 degrees F.

Serving Suggestions

Beverage for any meal or snack.

Prep & Cooking Suggestions

Open and Serve

📄 Product Specifications

Brand	Manufacturer
HILAND	Prairie Farms Dairy, Inc.

MFG #	SPC #	GTIN	Pack	Pack Desc.
9198	195529	30072060000819	50	50 / 8.0 OZA

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
31.17lb	28.84lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
12.5in	12.5in	11in	1ft3	12x5	18DAYS	33°F / 39°F



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Nutrition Analysis

Calories		Total Fat		Sodium	
Protein		Trans Fats		Calcium	
Total Carbohydrates...		Saturated Fat		Iron	
Sugars		Added Sugars		Potassium	
Dietary Fiber		Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol			
Vitamin A(U)		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

