



HILAND

195885 - Milk Skim Half Gallon

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 excess fat and calories.



Nutrition Facts

Servings per Container **8**
Serving size **1cup (1Cup(US))**

Amount per serving
Calories 80

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 120mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Total Sugars 11g	
Includes 0g Added Sugar	0%
Protein 8g	
Vitamin D 2.5mcg	13%
Calcium 300mg	23%
Iron 0.1mg	1%
Potassium 360mg	8%

* 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

Grade A Skim Milk, Vitamin A Palmitate and Vitamin D3, Lactase

⚠ Allergens

Contains:



Free From:

- crustaceans
- shellfish
- eggs
- fish
- peanuts
- sesame
- soy
- tree nuts
- wheat

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	HILAND DAIRY

MFG #	SPC #	GTIN	Pack	Pack Desc.
1433	195885	20072060019111	9	9/5 GAL

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
39lb	36lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
0in	0in	0in	1ft3	9x3	360DAYS	33°F / 39°F



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Nutrition Analysis - By Serving

Calories	80	Total Fat	0g	Sodium	120mg
Protein	8	Trans Fats	0g	Calcium	300mg
Total Carbohydrates...	11g	Saturated Fat	0g	Iron	0.1mg
Sugars	11g	Added Sugars	0g	Potassium	360mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	5mg		
Vitamin A(U)	150	Vitamin D	2.5mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

