

Silk SOY

Servings Per Container About 8	
Serving Size	1 Cup (240ml)
Amount per serving	
Calories	110
	% Daily Value*
Total Fat: 4.5g	6%
Saturated Fat: 0.5g	3%
Trans Fat: 0g	
Polyunsaturated Fat: 2.5g	
Monounsaturated Fat: 1g	
Cholesterol: 0mg	0%
Sodium: 90mg	4%
Total Carbohydrate: 9g	3%
Dietary Fiber: 2g	7%
Total Sugars: 6g	
Includes 5g Added Sugars	10%
Protein: 8g	16%
Vitamin D: 3mcg	15%
Calcium: 450mg	30%
Iron: 1.3mg	6%
Potassium: 380mg	8%
Vitamin A: 150mcg	15%
Riboflavin: 0.4mg	30%
Folate: 40mcg DFE	10%
Vitamin B12: 3mcg	120%
Magnesium: 50mg	10%
*Percent Daily Values are based on a 2,000 calorie diet	

Ingredients

Soy milk (Filtered Water, Soybeans), Cane Sugar, Vitamin and Mineral Blend (Tricalcium Phosphate, Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin [B2], Vitamin B12), Sea Salt, Natural Flavor, Gellan Gum.
CONTAINS SOY.