

### Nutrition Facts

39 servings per container  
**Serving size 5 tbsp (21g) dry**  
 (about 1 cup prepared)

Amount per serving	
<b>Calories</b>	<b>70</b>
% Daily Value*	

<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>

*Trans Fat* 0g

<b>Cholesterol</b> 5mg	<b>2%</b>
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<b>Sodium</b> 85mg	<b>4%</b>
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<b>Total Carbohydrate</b> 11g	<b>4%</b>
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Dietary Fiber 0g	<b>0%</b>
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Total Sugars 9g	
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Includes 0g Added Sugars	<b>0%</b>
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<b>Protein</b> 8g	
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Vitamin D 2mcg	10%
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Calcium 244mg	20%
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Iron 0mg	0%
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Potassium 365mg	8%
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Vitamin A 132mcg	15%
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Vitamin C 2mg	2%
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Riboflavin 0mg	0%
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\*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.

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**INGREDIENTS:** Nonfat milk (nonfat dry milk, vitamin A palmitate, and vitamin D3).

**CONTAINS:** Milk.

YIELD	DRY MILK	WATER
1 cup	5 tbsp or about 1/3 cup	1 cup
1 quart	1 1/3 cups	1 quart
1 gallon	5 1/3 cups	1 gallon

**DIRECTIONS:**

1. Remove oxygen absorber and discard.
2. Using the yield chart, stir dry milk into water.
3. Mix until powder is dissolved.
4. Cover and chill at least 4 hours before serving.

CAN MAKES APPROXIMATELY 9 3/4 QUARTS.