

Nutrition Facts

Serving Size: 5 Tbsp (21g) Dry
 Servings Per Container: 216 prepared

Amount Per Serving

Calories 80 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 115mg **5%**

Total Carbohydrate 11g **4%**

Dietary Fiber 0g **0%**

Sugars 10g

Protein 7g

Vitamin A 10% • **Vitamin C** 4%

Vitamin D 20% • **Calcium** 35%
Iron 0%

*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram: Fat 9 • Carbs 4 • Protein 4

PAIL MAKES APPROXIMATELY 17 GALLONS.

DIRECTIONS:

1. Remove oxygen absorber and discard.
2. Using the chart below, stir dry milk into water.
3. Mix until powder is dissolved.

For best results: Cover and chill at least 4 hours before serving.

YIELD	NONFAT DRY MILK	WATER
1 Cup	5 Tbsp or about 1/3 Cup	1 Cup
1 Quart	1 1/3 Cups	1 Quart
2 Quarts	2 2/3 Cups	2 Quarts
1 Gallon	5 1/3 Cups	1 Gallon

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

Contains allergen: Milk.

Contains oxygen absorber.
 Discard immediately upon opening.