

SPARTAN

Nutrition Facts

Serving Size: (0.0g)
Servings Per Container: 1

Amount Per Serving

Calories 1000 Calories from Fat 490

% Daily Value*

Total Fat 54g **83%**

Saturated Fat 11g **55%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 330mg **14%**

Total Carbohydrate 78g **26%**

Dietary Fiber 15g **60%**

Sugars 32g

Protein 59g

Vitamin A 30% • Vitamin C 35%

Calcium 50% • Iron 45%

* 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
Sat 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

INGREDIENTS: MILK, PRODUCER, FLUID, 3.7% MILKFAT, PEANUT BUTTER (PEANUTS, SUGAR, MOLASSES, VEGETABLE OIL), BANANAS, EGG WHITE, PROTEIN SUPPLEMENT, MILK BASED, MUSCLE MILK, POWDER, OATS, ALMONDS, HONEY