Hiland

194563 - Buttermilk 1% Lowfat

It is a fantastic cooking ingredient. Its a tasty and healthy drink as well -- being low in fat, but high in calcium and has good bacteria, that is, acidolphilus which aids in digestion. People with digestive problems are often advised to drink buttermilk rather than milk as it is more quickly digested.



MARKETING

PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack
1462	194563	20072060025112	/ / cs

Brand	Brand Owner	GPC Description
Hiland	Prairie Farms Dairy, Inc.	Milk (Perishable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
41.53 LBR	40.53 LBR	No	United States	Yes	No

Shipping						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
13 INH	13 INH	11 INH	1.076 FTQ	9x6	24 Days	33 FAH / 39 FAH

Traceability Regulation			
Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors
N/A	N/A	N/A	N/A

Nutrition Facts

Servings per container

Serving Size **8 FO**

Amount Per Serving

Calories **120**

	% Daily Value*
Total Fat 3 g	**4%**
Saturated Fat 2 g	**9%**
Trans Fat 0 g	
Cholesterol 15 mg	**5%**
Sodium 480 mg	**20%**
Total Carbohydrates 15 g	**5%**
Dietary Fiber 0 g	**0%**
Total Sugars 13 g	
Includes Added Sugars	**%**
Protein 9 g	
Vitamin D	%
Calcium	35%
Iron 0 mg	0%
Potassium	%

* The % Daily Values (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.

HANDLING SUGGESTIONS

Plastic half gallon jug. -- Maintain below 40 degrees.

ALLERGENS

***C** = 'Contains' ; **MC** = 'May Contain' ; **N** = 'Free From' ; **UN** = 'Undeclared' ; **INII** = 'Intentionally nor Inherently Included'; **50** = 'Derived from Ingredients' ; **60** = 'Not Derived From Ingredients' ; **NI** = 'No Info'*

- Milk - C
- Peanuts - NI
- Eggs - NI
- Tree - NI
- Soybean - NI
- Fish - NI
- Wheat - NI
- Shellfish - NI
- Sesame - NI

INGREDIENTS

Lowfat milk, nonfat dry milk, stabilizer (modified corn starch, mono and diglycerides, carrageenan and locust bean gum, and salt), salt, sodium citrate, cutlure, Vitamin A palmitate.

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PREPARATION & COOKING SUGGESTIONS

Open and serve. Great for making buttermilk biscuits.

SERVING SUGGESTIONS

Beverage for any meal.

MORE INFORMATION

NUTRITIONAL ANALYSIS

Calories	120
Protein	9 g
Total Carbohydrates	15 g
Sugars	13 g
Dietary Fiber	0 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	3 g
Trans Fat	0 g
Saturated Fat	2 g
Added Sugars	
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	15 mg
Vitamin D	
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	480 mg
Calcium	
Iron	0 mg
Potassium	
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS

KOSHER	YES