

# Whey Thins™ Sour Cream & Chive

<b>Nutrition Facts</b>	
Serving Size: 1 Packet (25 g)	
Servings per Container: 10	
Amount per Serving	
<b>Calories</b> 100	<b>Calories from Fat</b> 30
% Daily Value*	
<b>Total Fat</b> 3 g	<b>5%</b>
Saturated Fat 1 g	<b>5%</b>
<b>Cholesterol</b> 30 mg	<b>10%</b>
<b>Sodium</b> 150 mg	<b>6%</b>
<b>Total Carbohydrate</b> 9 g	<b>3%</b>
Sugars 1 g	
<b>Protein</b> 10 g	<b>20%</b>
Calcium 10%	•
	Iron 2%
Not a significant source of <i>trans</i> fat, dietary fiber, vitamin A and vitamin C.	
*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 65 g   80 g
Sat Fat	Less than 20 g   25 g
Cholesterol	Less than 300 mg   300 mg
Sodium	Less than 2,400 mg   2,400 mg
Potassium	3,500 mg   3,500 mg
Total Carbohydrate	300 g   375 g
Dietary Fiber	25 g   30 g
Protein	50 g   65 g
Calories per gram:	
Fat 9	•
	Carbohydrates 4
	•
	Protein 4

**Ingredients:** Whey protein concentrate (undenatured), brown rice flour, natural flavor (onion powder, whey, sour cream powder, salt, tapioca dextrin, yeast extract, cultured nonfat milk solids, lactic acid, lactose, chives, silicon dioxide, citric acid, garlic powder, natural cream flavor), sunflower oil, calcium carbonate

**Contains milk ingredients.**



LOW-GLYCEMIC



SOY-FREE



GLUTEN-FREE



Dairy protein sourced from "Cheerful Cows" not treated with hormones or routine antibiotics.