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Food database and calorie counter

Source: Mobile User

## Darigold Fat Free Chocolate Milk

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### Nutrition Facts

Serving Size: 1 carton (236ml)

Amount Per Serving

Calories 140 Calories from Fat 0

% Daily Values\*

<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Potassium</b> 450mg	
<b>Total Carbohydrate</b> 27g	<b>9%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 25g	
Other Carbohydrate 0g	
<b>Protein</b> 9g	

Vitamin A 10% Vitamin C 2%

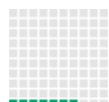
Calcium 30% Iron 0%

\* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Information for this food was submitted to the FatSecret food database by a Mobile User on 07 Jun 11.

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**7%** of RDI\*  
(140 calories)



### Nutrition summary:

**Calories**  
140

**Fat**  
0g

**Carbs**  
27g

**Protein**  
9g

+ Add

date:

meal:

name:

amount

There are **140 calories** in a 1 carton serving of Darigold Fat Free Chocolate Milk.

Calorie breakdown: **0% fat**, 75% carbs, 25% protein.

### Related Chocolate Milk from Darigold:

[1% Low Fat Chocolate Milk](#)

[Low Fat Chocolate Milk](#)

[Old-Fashioned Chocolate Milk with Vitamin D](#)

[Refuel](#)

[Refuel Chocolate Peanut Butter Milk](#)

[Refuel Rich Chocolate Milk](#)

Other

### Related Milk from Darigold:

[1% Lowfat Milk](#)

[1% Milkfat Lowfat Milk with Vitamin A & D](#)

[2% Reduced Fat Milk](#)

[Creamy Fat Free Milk](#)

[Fat Free Milk with Vitamin A & D](#)

[Homogenized Milk with Vitamin D](#)

[find more darigold milk products](#)

### Other Types of Chocolate Milk:

[Chocolate Milk \(Lowfat\)](#)


[Chocolate Milk \(Reduced Fat\)](#)

[Chocolate Milk \(Whole\)](#)


[Chocolate Milk \(Reduced Fat with Added Calcium\)](#)


**Calorie Breakdown:**

- Carbohydrate (75%)
- Fat (0%)
- Protein (25%)



\* Based on a RDI of 2000 calories  
[What is my Recommended Daily Intake \(RDI\)?](#)

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[Skim Chocolate Milk](#)

[2% Reduced Fat Chocolate Milk](#)

[view more chocolate milk nutritional info](#)

**Other Types of Milk:**

[Milk](#)

[Whole Milk](#)

[1% Fat Milk](#)

[2% Fat Milk](#)

[Milk \(Nonfat\)](#)

[Low Fat Milk](#)

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