

Nutrition Facts

Kefir

Serving size (175g)

Amount Per Serving

Calories

90

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% Daily Value*

Total Fat 3.5g **4%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 90mg **4%**

Total Carbohydrate 8g **3%**

Dietary Fiber 0g **0%**

Total Sugars 9g

Includes 0g Added Sugars **0%**

Protein 6g **12%**

Vitamin D 0mcg **0%**

Calcium 260mg **20%**

Iron 0mg **0%**

Potassium 0mg **0%**

Vitamin A **4%**

Vitamin C **4%**

*The % Daily Value (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.