

Nutrition Facts

Soy Milk

Serving size (100g)

Amount Per Serving

Calories

50

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% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0.2g **1%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 50mg **2%**

Total Carbohydrate 6g **2%**

Dietary Fiber < 1g **2%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Protein 3g **6%**

Vitamin D 0mcg **0%**

Calcium 26mg **2%**

Iron 0.54mg **4%**

Potassium 141mg **4%**

Vitamin A **4%**

Vitamin C **4%**

Vitamin B6 **4%**

Magnesium **6%**

*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.