

YIELD	NONFAT DRY MILK	WATER
1 Cup	5 Tbsp or about 1/3 Cup	1 Cup
1 Quart	1 1/3 Cups	1 Quart
2 Quarts	2 2/3 Cups	2 Quarts
1 Gallon	5 1/3 Cups	1 Gallon

**DIRECTIONS:**

1. Remove oxygen absorber and discard.
2. Using the chart, stir dry milk into water and mix well.

**FOR BEST RESULTS:** Mix in a mixing pitcher, cover and chill at least 4 hours before serving.



**Your purchase helps our heroes.**  
4Patriots donates a portion of its proceeds to support our veterans.

V1.9



# Heartland's Finest Powdered Instant Milk

**SERVING SIZE:** About 1 Cup (8oz) prepared

**WATER:** 39 Cups (2.43 Gallons)

**NET WT.:** 29oz (1 lb 13oz) (822g)

4-90620PT



Nutrition Facts	
39 Servings Per Container	
<b>Serving Size</b>	<b>5 Tbsp (21g) Dry (about 1 Cup prepared)</b>
Amount per Serving	
<b>Calories</b>	<b>70</b>
% Daily Value	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 85mg	<b>4%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 9g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 8g	
Vitamin D 2mcg	10%
Calcium 244mg	20%
Iron 0mg	0%
Potassium 365mg	8%
Vitamin A 132mcg	15%
Vitamin C 2mg	2%

\* The % Daily Value 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.

INGREDIENTS: nonfat milk (nonfat dry milk, vitamin A palmitate and vitamin D3).

Contains: Milk.

**American owned. Handpacked in USA.**

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