



# Hiland Buttermilk



Locally Made.  
Naturally Delicious.™





Cultured Lowfat Buttermilk 1/2 Gallon



Nutrition Facts	
Serving Size 1 Cup (240mL)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories 110</b>	
	%Daily Value*
<b>Total Fat 2.5g</b>	<b>3%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol 15mg</b>	<b>5%</b>
<b>Sodium 310mg</b>	<b>13%</b>
<b>Total Carbohydrate 14g</b>	<b>5%</b>
Dietary Fiber 0g	0%
Sugars 14g	
Includes 0g Added Sugars	0%
<b>Protein 9g</b>	
Vitamin D 30% • Calcium 25% • Iron 0%	
Potassium 8% • Vitamin A 40%	

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

**INGREDIENTS:** CULTURED GRADE A LOWFAT MILK, NONFAT DRY MILK, MODIFIED FOOD STARCH, SALT, SODIUM HEXAMETAPHOSPHATE, MONO AND DIGLYCERIDES, CARRAGEENAN, LOCUST BEAN GUM, DEXTROSE, VITAMIN A PALMITATE, VITAMIN D3.  
**CONTAINS:** MILK



Cultured Lowfat Buttermilk 1/2 Gallon Plastic



Nutrition Facts	
Serving Size 1 Cup (240mL)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories 110</b>	
	%Daily Value*
<b>Total Fat 2g</b>	<b>3%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol 10mg</b>	<b>3%</b>
<b>Sodium 260mg</b>	<b>11%</b>
<b>Total Carbohydrate 14g</b>	<b>5%</b>
Dietary Fiber 0g	0%
Sugars 13g	
Includes 0g Added Sugars	0%
<b>Protein 9g</b>	
Vitamin D 15% • Calcium 25% • Iron 0%	
Potassium 8% • Vitamin A 20%	

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

**INGREDIENTS:** CULTURED GRADE A MILK, NONFAT DRY MILK, MODIFIED FOOD STARCH, CARRAGEENAN, LOCUST BEAN GUM, SALT, VITAMIN A PALMITATE, VITAMIN D3.  
**CONTAINS:** MILK



Cultured Lowfat Buttermilk Quart



Nutrition Facts	
Serving Size 1 Cup (240mL)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 110</b>	
	%Daily Value*
<b>Total Fat 2g</b>	<b>3%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol 10mg</b>	<b>3%</b>
<b>Sodium 260mg</b>	<b>11%</b>
<b>Total Carbohydrate 14g</b>	<b>5%</b>
Dietary Fiber 0g	0%
Sugars 13g	
Includes 0g Added Sugars	0%
<b>Protein 9g</b>	
Vitamin D 15% • Calcium 25% • Iron 0%	
Potassium 8% • Vitamin A 20%	

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

**INGREDIENTS:** CULTURED GRADE A LOWFAT MILK, NONFAT DRY MILK, MODIFIED FOOD STARCH, CARRAGEENAN, LOCUST BEAN GUM, SALT, VITAMIN A PALMITATE, VITAMIN D3.  
**CONTAINS:** MILK



Cultured Lowfat Buttermilk 1/2 Pint



Nutrition Facts	
Serving Size 1 Container (236mL)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 110</b>	
	%Daily Value*
<b>Total Fat 2g</b>	<b>3%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol 10mg</b>	<b>3%</b>
<b>Sodium 250mg</b>	<b>11%</b>
<b>Total Carbohydrate 13g</b>	<b>5%</b>
Dietary Fiber 0g	0%
Sugars 13g	
Includes 0g Added Sugars	0%
<b>Protein 9g</b>	
Vitamin D 15% • Calcium 25% • Iron 0%	
Potassium 8% • Vitamin A 20%	

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

**INGREDIENTS:** CULTURED GRADE A LOWFAT MILK, NONFAT DRY MILK, MODIFIED FOOD STARCH, CARRAGEENAN, LOCUST BEAN GUM, SALT, VITAMIN A PALMITATE, VITAMIN D3.  
**CONTAINS:** MILK

Low fat cultured buttermilk (1%) is cultured by fermenting low-fat milk, which makes it thick and tart. This differs from Bulgarian buttermilk (also known as churned buttermilk) – as a much thinner, slightly acidic liquid buttermilk.

PRODUCT	ITEM NUMBER	CASE COUNT
Cultured Lowfat Buttermilk 1/2 Gallon	10235	6
Cultured Lowfat Buttermilk Quart	24487	9
Cultured Lowfat Buttermilk 1/2 Gallon Plastic	1462	9
Cultured Lowfat Buttermilk 1/2 Pint	25540	50







Bulgarian Style  
Buttermilk 1/2 Gallon



### Nutrition Facts

Serving Size 1 Cup (240mL)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories 160</b>	
	%Daily Value*
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 320mg	<b>14%</b>
<b>Total Carbohydrate</b> 13g	<b>5%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 12g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 8g	
Vitamin D 0% • Calcium 25% • Iron 0%	
Potassium 8% • Vitamin A 10%	

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

**INGREDIENTS:** CULTURED GRADE A MILK, NONFAT DRY MILK, MODIFIED FOOD STARCH, SALT, SODIUM HEXAMETAPHOSPHATE, MONO & DIGLYCERIDES, CARRAGEENAN, LOCUST BEAN GUM, DEXTROSE, VITAMIN D3.  
**CONTAINS:** MILK



Bulgarian Style  
Buttermilk 1/2 Gallon Plastic



### Nutrition Facts

Serving Size 1 Cup (240mL)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories 160</b>	
	%Daily Value*
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 250mg	<b>11%</b>
<b>Total Carbohydrate</b> 13g	<b>5%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 12g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 8g	
Vitamin D 0%	• Potassium 8%
Calcium 25%	• Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

**INGREDIENTS:** CULTURED GRADE A MILK, NONFAT DRY MILK, MODIFIED FOOD STARCH, CARRAGEENAN, LOCUST BEAN GUM, SALT.  
**CONTAINS:** MILK



Bulgarian Style  
Buttermilk Quart



### Nutrition Facts

Serving Size 1 Cup (240mL)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 170</b>	
	%Daily Value*
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 14g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 9g	
Vitamin D 20%	• Potassium 8%
Calcium 25%	• Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

**INGREDIENTS:** CULTURED GRADE A MILK, NONFAT DRY MILK, MODIFIED FOOD STARCH, LOCUST BEAN GUM, CARRAGEENAN, SALT, VITAMIN D3.  
**CONTAINS:** MILK

Bulgarian buttermilk is a version of cultured buttermilk in which the cream cultures are supplemented or replaced by yogurt cultures and fermented at higher temperatures for higher acidity. It can be more tart and thicker than cultured buttermilk.

PRODUCT	ITEM NUMBER	CASE COUNT
Bulgarian Style Buttermilk Quart	24896	9
Bulgarian Style Buttermilk 1/2 Gallon Plastic	9565	9
Bulgarian Style Buttermilk 1/2 Gallon	9564	6