

# NO SUGAR ADDED VANILLA FROZEN YOGURT

## Nutrition Facts

Serving Size 1/2 cup (83g)

Servings Per Container

Amount Per Serving

**Calories 80** **Calories from Fat 0**

% Daily Value\*

**Total Fat 0g** **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol 5mg** **2%**

**Sodium 85mg** **4%**

**Total Carbohydrate 19g** **6%**

Dietary Fiber 3g **12%**

Sugars 6g

Sugar Alcohol 2g

**Protein 4g**

Vitamin A 0%

• Vitamin C 2%

Calcium 15%

• 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:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

**INGREDIENTS:** Pasteurized and Cultured Skim Milk, Maltodextrin, Whey, Polydextrose, Nonfat Dry Milk, Sorbitol, Milk Protein Isolate, Cellulose Gum, Guar Gum, Carrageenan, Cellulose Gel, Modified Food Starch, Pectin, Natural and Artificial Flavors, Sucralose, Acesulfame Potassium. Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L.lactis* and *L. acidophilus*.

Contains: Milk



\*Meets National Yogurt Association Criteria for Live & Active Culture Yogurt

®
YOCREAM