LOWFAT FRENCH VANILLA FROZEN YOGURT

Nutrition Facts

Serving Size 1/2 cup (83g) Servings Per Container

Amount Per Serving	Amount	Per	Serv	/ing
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Vitamin A 2%

vour calorie needs:

Calories 110	Calories from Fat 25
	% Daily Value*
Total Fat 3g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 80mg	3%
Total Carbohydrate 18	Bg 6 %
Dietary Fiber 0g	0%
Sugars 14g	
Protein 3g	

Calcium 10%
Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on

Vitamin C 2%

your calone 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

YOCREAM

LOWFAT

Ingredients:

INGREDIENTS: Pasteurized and Cultured Skim Milk, Sugar, Cream, Corn Syrup, Nonfat Dry Milk, Whey, Pasteurized Egg Yolks, Natural and Artificial Flavors, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Modified Food Starch, Carrageenan, Pectin, Annatto and Turmeric (colors). Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus and Bifidobacterium.

Allergens:

Milk: YES
Egg: YES
Peanut: NO
Wheat: NO
Soy: NO
Tree Nuts: NO

Notes:

Kosher Certified.

