

# NONFAT COOKIES N' CREAM FROZEN YOGURT

## Nutrition Facts

Serving Size 1/2 cup (83g)

Servings Per Container

Amount Per Serving

**Calories 110**      **Calories from Fat 5**

**% Daily Value\***

**Total Fat 0g**      **0%**

**Saturated Fat 0g**      **0%**

**Trans Fat 0g**

**Cholesterol 0mg**      **0%**

**Sodium 90mg**      **4%**

**Total Carbohydrate 25g**      **8%**

**Dietary Fiber 0g**      **0%**

**Sugars 18g**

**Protein 3g**

**Vitamin A 0%**      • **Vitamin C 0%**

**Calcium 10%**      • **Iron 2%**

\*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

# YOOCREAM<sup>®</sup>

## NONFAT

### Ingredients:

INGREDIENTS: Pasteurized and Cultured Skim Milk, Sugar, Corn Syrup, Whey, Maltodextrin, Cake Base (Flour, Sugar, High Oleic Canola Oil and/or Canola Oil, Cocoa (processed with alkali), High Fructose Corn Syrup, Baking Soda and/or Calcium Phosphate (leavening agent), Salt, Soy Lecithin, Chocolate, Vanillin), Water, Egg Whites, Cream of Tarter, Nonfat Dry Milk, Xanthan Gum, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Natural and Artificial Flavors, Modified Food Starch, Carrageenan, Pectin, Blue #1. 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: YES  
 Soy: YES  
 Tree Nuts: NO

### Notes:

Kosher Certified.



\*Meets the National Yogurt Association Criteria for Live and Active Culture Frozen Yogurt