

LOWFAT SWEET COCONUT FROZEN YOGURT

Nutrition Facts

Serving Size 1/2 cup (83g)

Servings Per Container 1

Amount Per Serving

Calories 110 **Calories from Fat** 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 65mg **3%**

Total Carbohydrate 22g **7%**

Dietary Fiber 0g **0%**

Sugars 18g

Protein 3g

Vitamin A 0%

• Vitamin C 0%

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 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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Pasteurized and Cultured Skim Milk, Sugar, Coconut Base (Corn Syrup, Coconut, Water, Lecithin), Whey, Nonfat Dry Milk, Natural Flavor, Milk Protein Isolate, Cellulose Gum, Guar Gum, Carrageenan, Modified Food Starch, Pectin, Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus* and *Bifidobacterium*.

Contains: Milk, Soy, Tree Nuts (Coconut).



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

®
YOCREAM