VANILLA Frozen Yogurt

Ingredients - Milk, cultured skim milk (contains active yogurt cultures), sugar, cream, skim milk, corn syrup, pure vanilla, and all natural stabilizer (carob bean gum, guar gum, soy lecithin, carrageenan and dextrose).

Nutrition Facts

Serving Size 1/2 cup (74 g)
Servings Per Container 8

Amount Per Serving

Calories 120 Calories from Fat 35

	% Daily Value*
Total Fat 3.5g	**5%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 15mg	**5%**
Sodium 50mg	**2%**
Total Carbohydrate 18g	**6%**
Dietary Fiber 0g	**0%**
Sugars 14g	
Protein 3g	

Vitamin A 2%	?	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
Sat 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