VANILLA Nonfat Frozen Yogurt

Ingredients - Skim milk, cultured skim milk (contains active yogurt cultures), sugar, corn syrup, maltodextrin, vanilla, and 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 100 Calories from Fat 0

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 55mg	**2%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 0g	**0%**
Sugars 16g	
Protein 4g	

Vitamin A 0% ? Vitamin C 0%

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
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