

BLACK RASPBERRY CHOCOLATE CHIP Frozen Yogurt - BLACK RASPBERRY YOGURT WITH LOTS OF CHOCOLATE CHIPS

Ingredients - Milk, cultured skim milk, (contains active yogurt cultures), sugar, cream, skim milk, corn syrup, raspberries, chocolate liquor, cocoa butter, pure vanilla, and all natural stabilizer (carob bean gum, guar gum, soy lecithin, carrageenan, and dextrose), red #40, blue #1 & #2 .

Nutrition Facts			
Serving Size 1/2 cup (74 g)			
Servings Per Container 8			
Amount Per Serving			
Calories 130		Calories from Fat 45	
% Daily Value*			
Total Fat 5g			8%
Saturated Fat 3g			15%
<i>Trans</i> Fat 0g			
Cholesterol 15mg			5%
Sodium 55mg			2%
Total Carbohydrate 20g			7%
Dietary Fiber 0g			0%
Sugars 17g			
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			