

Fat Free Vanilla Flavored Yogurt Mix

Nutrition Facts			
Serving Size	100 grams		
Servings Per Container	1		
Amount per Serving			
Calories	125	Calories from Fat	0
			% Daily Value*
Total Fat	0 g		0%
Saturated fat	0 g		0%
Cholesterol	0 mg		0%
Sodium	75 mg		3%
Total Carbohydrate	27 g		9%
Dietary fiber	0 g		0%
Sugars	27 g		
Protein	5 g		
Vitamin A	0%	•	Vitamin C 6%
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 caloric 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			

SKIM MILK, SUGAR, CORN SYRUP, CELLULOSE GEL, MONO AND DIGLYCERIDES, CELLULOSE GUM, GUAR GUM, POLYSORBATE 80, CARRAGEENAN, VANILLA FLAVOR (WONF), VANILLIN, (AN ARTIFICIAL FLAVOR), YOGURT CULTURES AND CARAMEL COLOR

THIS PRODUCT CONTAINS 0 GRAMS OF TRANS FATS PER 100 GRAMS