

# Nutrition Facts

Serving Size 4 oz (113g)  
 Servings Per Container 57.5

## Amount Per Serving

<b>Calories</b>	180	Calories from Fat	45
	<b>% Daily Value*</b>		
<b>Total Fat</b>	5g		8%
Saturated Fat	3g		16%
Trans Fat	0g		
<b>Cholesterol</b>	20mg		6%
<b>Sodium</b>	130mg		5%
<b>Total Carbohydrate</b>	32g		11%
Dietary Fiber	2g		8%
Sugars	25g		
<b>Protein</b>	5g		

Vitamin A 2% • Vitamin C 2%  
 Calcium 15% • Iron 6%

\* 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	65 g	80 g	
Sat Fat	Less than	20 g	25 g	
Cholesterol	Less than	300 mg	300 mg	
Sodium	Less than	2,400 mg	2,400 mg	
Total Carbohydrate		300 g	375 g	
Dietary Fiber		25 g	30 g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** Milk, sugar, corn syrup, cream, whey, nonfat milk solids, Contains less than 1% of: mono and diglycerides, guar gum, polysorbate 80, carrageenan, artificial flavor, Water, sugar, high fructose corn syrup, corn syrup, cocoa processed with alkali, cocoa, glycerin, salt, potassium sorbate and benzoic acid as preservatives., Cocoa, Dry Powder, Unsweetened

**CONTAINS:** Milk

# Chocolate Frozen Yogurt

Low fat chocolate frozen yogurt.

