

Nutrition Facts

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

Amount Per Serving

Calories 160 **Calories from Fat** 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 3.5g **17%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 95mg **4%**

Total Carbohydrate 27g **9%**

Dietary Fiber 1g **4%**

Sugars 21g

Protein 4g

Vitamin A 4% • Vitamin C 2%

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	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, coffee, caramel color (contains sulfites), salt, natural flavor, citric acid, benzoic acid as a preservative.

CONTAINS: Milk

Coffee

Frozen Yogurt

Low fat coffee frozen yogurt.

