

Low-fat Black Raspberry Chocolate Chip Frozen Yogurt

Nutrition Facts

Serving Size 1/2 Cup (99g)

Servings Per Container 1

Amount Per Serving

Calories 105 Calories From Fat 27

		% Daily Value*
Total Fat	3g	4%
Saturated Fat	1g	6%
Trans Fat	<1 g	0%
Cholesterol	4mg	1%
Sodium	96mg	4%
Total Carbohydrate	18g	6%
Dietary Fiber	<1g	0%
Sugars	15g	

Protein 3g

Vitamin A 0% ● Vitamin C 0%

Calcium 0% ● 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	

Ingredients: Black Raspberry
Chocolate Chip Frozen Yogurt (Skim
Milk, Sugar, Corn Syrup, Cream,
Chocolate Chips [Cocoa, Sugar,
Chocolate Liquor, Corn Syrup, Lecithin],
Black Raspberry Puree, Citric Acid, Guar
Gum, Mono- and Diglycerides, Xanthan
Gum, Polysorbate, Carrageenan, Active
Cultures).

Allergy Information: Milk