

Black Raspberry Chocolate Chip Low – Fat Yogurt

milk, cultured skim milk (active yogurt cultures), sugar, cream, skim milk solids, corn syrup solids, raspberries, chocolate liquor, cocoa butter, pure vanilla, carob bean gum, guar gum, lecithin, carrageenan

Nutrition Facts			
Serving Size 1/2 cup (75 g)			
Servings Per Quart 8			
Amount Per Serving			
Calories 180		Calories from Fat 90	
			% Daily Value*
Total Fat 10g		15%	
Saturated Fat 6g		30%	
<i>Trans</i> Fat 0g			
Cholesterol 30mg		10%	
Sodium 50mg		2%	
Total Carbohydrate 20g		7%	
Dietary Fiber 0g		0%	
Sugars 16g			
Protein 3g			
Vitamin A 6%		?	Vitamin C 0%
Calcium 8%		?	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			