Chocolate Peanut Butter Cup
Low – Fat Yogurt

milk, cultured skim milk (active yogurt cultures), sugar, cream, skim milk, corn syrup, carob bean gum, guar gum, lecithin, carrageenan, cocoa butter, partially hydrogenated palm kernel oil, coconut oil

Nutrition Facts

Serving Size 1/2 cup (75 g)
Servings Per Quart 8

Amount Per Serving

Calories 180	Calories from Fat 80

	% Daily Value*
Total Fat 9g	**14%**
Saturated Fat 3.5g	**18%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 100mg	**4%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 1g	**4%**
Sugars 16g	
Protein 5g	

Vitamin A 2%	?	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