

Kahlua Fudge Low – Fat Yogurt

skim milk, cultured skim milk (active yogurt cultures), sugar, corn syrup, coffee liquor, maltodextrin, roasted coffee beans, water, cocoa, carob bean gum, guar gum, lecithin, carrageenan, dextrose, vanilla, butter

Nutrition Facts

Serving Size 1/2 cup (75 g)

Servings Per Quart 8

Amount Per Serving

Calories 110 Calories from Fat 0

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 55mg **2%**

Total Carbohydrate 23g **8%**

Dietary Fiber 0g **0%**

Sugars 17g

Protein 4g

Vitamin A 0% ? Vitamin C 0%

Calcium 10% ? 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