Triple Chocolate Low – Fat Yogurt

milk, cultured skim milk (active yogurt cultures), sugar, cocoa, cream, chocolate liquor, skim milk solids, corn syrup solids, modified food starch, carob bean gum, guar gum, lecithin, carrageenan, dextrose

Nutrition Facts

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

Amount Per Serving

Calories 140	Calories from Fat 45

	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 60mg	**3%**
Total Carbohydrate 23g	**8%**
Dietary Fiber 1g	**4%**
Sugars 19g	
Protein 3g	

Vitamin A 2%	?	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