

# Vermont Yogurt Company

## Nutrition Information



## Nutrition Facts

Serving Size 6 oz  
Servings Per Container 1

**Amount Per Serving**

**Calories 179**

**% Daily Value\***

**Total Fat 5g 8%**

Saturated Fat 3g **15%**

Trans Fat 0g

**Cholesterol 21mg 7%**

**Sodium 78mg 3%**

**Total Carbohydrate 28g 9%**

Dietary Fiber 1g **4%**

Sugars 24g

**Protein 7g 14%**

\*Percent Daily Values are based on a 2,000 calorie diet.