

Vermont Yogurt Company

Nutrition Information



Nutrition Facts

Serving Size 6 oz
Servings Per Container 1

Amount Per Serving

Calories 100

% Daily Value*

Total Fat 5g 8%

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 21mg 7%

Sodium 76mg 3%

Total Carbohydrate 8g 3%

Dietary Fiber 0g **0%**

Sugars 7g

Protein 7g 14%

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