

Vermont Yogurt Company

Nutrition Information



Nutrition Facts

Serving Size 6 oz
Servings Per Container 1

Amount Per Serving

Calories 148

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 21mg **7%**

Sodium 76mg **3%**

Total Carbohydrate 19g **6%**

Dietary Fiber 0g **0%**

Sugars 17g

Protein 7g **14%**

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