

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.