

# Vermont Yogurt Company

## Nutrition Information



### Nutrition Facts

Serving Size 6 oz  
Servings Per Container 1

**Amount Per Serving**

**Calories 179**

	% Daily Value*
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 21mg	<b>7%</b>
<b>Sodium</b> 78mg	<b>3%</b>
<b>Total Carbohydrate</b> 28g	<b>9%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 24g	
<b>Protein</b> 7g	<b>14%</b>

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