

# 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.