

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.