

# Fat Free Yogurt-BLUEBERRY

## Nutrition Facts

servings per container

**Serving size** 1 carton (170g)

Amount per serving

**Calories** **80**

% Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 5mg 2%

**Sodium** 100mg 4%

**Total Carbohydrate** 14g 5%

Dietary Fiber 0g 0%

Total Sugars 9g

Includes 1g Added Sugars 2%

**Protein** 6g

Vitamin D 5.4mcg 25%

Calcium 210mg 15%

Iron 0.1mg 0%

Potassium 280mg 6%

Vitamin A 360mcg 40%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Skim Milk, Blueberry Base (Blueberries, Sugar, Natural Flavors, Fruit and Vegetable Juice Color), Stabilizer (Modified Cornstarch, Carrageenan, Pectin), Nonfat Dry Milk, Aspartame, Vitamin A Palmitate, Vitamin D3, Yogurt Cultures.

Contains Milk.

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