

ITEM 09-74

24 oz Quincy 1% Lowfat Plain/Sweetened Yogurt  
OFFICIAL

## Nutrition Facts

4 servings per container

**Serving size 6 ounces (170g)**

Amount per serving

**Calories 120**

% Daily Value\*

**Total Fat 2g 3%**

Saturated Fat 1.5g 8%

Trans Fat 0g

**Cholesterol 10mg 3%**

**Sodium 95mg 4%**

**Total Carbohydrate 19g 7%**

Dietary Fiber 0g 0%

Total Sugars 14g

Includes 7g Added Sugars 14%

**Protein 6g**

Vitamin D 6.3mcg 30%

Calcium 200mg 15%

Iron 0.1mg 0%

Potassium 280mg 6%

Vitamin A 440mcg 50%

\*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: Cultured Milk and Skim Milk, Sugar, Modified Cornstarch, Carrageenan, Pectin, Vitamin A Palmitate, Vitamin D3.

Contains Milk.

Gluten-Free

03/01/2021