PENN STATE CREAMERY

FROZEN YOGURT

1/2 Gallon

Chocolate

INGREDIENTS: milk, sugar, nonfat milk ,cream, corn syrup solids, yogurt (cultured milk, nonfat milk, sugar, nonfat dry milk), nonfat dry milk, cocoa processed with alkali, propylene glycol, mono esters, mono and diglycerides, cellulose gum, guar gum, carrageenan, vanilla. Contains milk.

Nutrition Facts

Serving Size 1/2 cup (67g)
Servings Per Container 16

Amount Per Serving

Calories 130	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	**5%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 40mg	**2%**
Total Carbohydrate 23g	**8%**
Dietary Fiber 2g	**8%**
Sugars 17g	
Protein 3g	

Vitamin A 2% • Vitamin C 2%

Calcium 8% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4