



Penn State University
BERKEY CREAMERY



SOFT SERVE

Chocolate

Frozen Yogurt (2.5 Gallons)

INGREDIENTS: milk, sugar, cream, corn syrup solids, nonfat dry milk, cocoa, slightly alkalized, cultured milk, mono and diglycerides, guar gum, carrageenan, polysorbate 80, vanilla, vanillin, propylene glycol. Contains milk

Nutrition Facts

Serving Size 1/2 cup (66g)
Servings Per Container 80

Amount Per Serving

Calories 130 **Calories from Fat 45**

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 40mg **2%**

Total Carbohydrate 21g **7%**

Dietary Fiber 1g **4%**

Sugars 14g

Protein 3g

Vitamin A 4% • Vitamin C 2%

Calcium 10% • Iron 0%

*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