PENN STATE CREAMERY

FROZEN YOGURT

1/2 Gallon

Coffee

INGREDIENTS: milk, sugar, cream, nonfat milk,freeze dried coffee, corn syrup solids, yogurt (cultured milk, nonfat milk, sugar, nonfat dry milk), nonfat dry milk, 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 170	Calories from Fat 50
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 2.5g	**13%**
Trans Fat 1g	
Cholesterol 10mg	**3%**
Sodium 140mg	**6%**
Total Carbohydrate 28g	**9%**
Dietary Fiber 0g	**0%**
Sugars 21g	
Protein 3g	

Vitamin A 2% • Vitamin C 0%

Calcium 8% • 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