PENN STATE CREAMERY

FROZEN YOGURT

1/2 Gallon

Vanilla

INGREDIENTS: milk, sugar, cream, nonfat milk, corn syrup solids, yogurt (cultured milk, nonfat milk, sugar, nonfat dry milk), non fat 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 120	Calories from Fat 35
	% Daily Value*
Total Fat 4g	**6%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 15mg	**5%**
Sodium 45mg	**2%**
Total Carbohydrate 19g	**6%**
Dietary Fiber 0g	**0%**
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