



Penn State University  
BERKEY CREAMERY



SOFT SERVE

Vanilla

Frozen Yogurt (2.5 Gallons)

**INGREDIENTS:** milk, cream, sugar, non fat dry milk, corn syrup solids, cultured milk, mono and diglycerides, guar gum, carrageenn, 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 40**

% Daily Value\*

**Total Fat 4.5g**    **7%**

Saturated Fat 2.5g    **13%**

Trans Fat 0g

**Cholesterol 15mg**    **5%**

**Sodium 40mg**    **2%**

**Total Carbohydrate 21g**    **7%**

Dietary Fiber 0g    **0%**

Sugars 15g

**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