

Cookies N' Cream

Fat Free

Nutrition Facts

Serving Size 1/2 cup (83g)
 Servings Per Container

Amount Per Serving		
Calories 110	Calories from Fat 5	
	% Daily Value*	
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 90mg		4%
Total Carbohydrate 25g		8%
Dietary Fiber 0g		0%
Sugars 18g		
Protein 3g		
Vitamin A 0%	•	Vitamin C 0%
Calcium 10%	•	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	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients:

INGREDIENTS: Pasteurized and Cultured Skim Milk, Sugar, Corn Syrup, Whey, Maltodextrin, Cake Base (Flour, Sugar, High Oleic Canola Oil and/or Canola Oil, Cocoa (processed with alkali), High Fructose Corn Syrup, Baking Soda and/or Calcium Phosphate (leavening agent), Salt, Soy Lecithin, Chocolate, Vanillin), Water, Egg Whites, Cream of Tartar, Nonfat Dry Milk, Xanthan Gum, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Natural and Artificial Flavors, Modified Food Starch, Carrageenan, Pectin, Blue #1. Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus* and *Bifidobacterium*.

Allergens:

- Milk: YES
- Egg: YES
- Peanut: NO
- Wheat: YES
- Soy: YES
- Tree Nuts: NO

Notes:

Kosher Certified.



*Meets the National Yogurt Association Criteria for Live and Active Culture Frozen Yogurt