

Peanut Butter

Low Fat

Nutrition Facts

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

Amount Per Serving

Calories 140 **Calories from Fat 45**

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 110mg **5%**

Total Carbohydrate 19g **6%**

Dietary Fiber 1g **4%**

Sugars 15g

Protein 4g

Vitamin A 2% • 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	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients:

INGREDIENTS: Pasteurized and Cultured Skim Milk, Sugar, Cream, Peanut Butter (Peanuts, Dextrose, Hydrogenated Vegetable Oil (Rapeseed, Cotton Seed), Salt), Corn Syrup, Whey, Nonfat Dry Milk, Caramel Color, Natural and Artificial Flavors, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus and Bifidobacterium.

Allergens:

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

Notes:

Kosher Certified.



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