

CHOCOLATE ALMOND Frozen Yogurt - CHOCOLATE YOGURT WITH ALMONDS

Ingredients - Milk, cultured skim milk, (contains active yogurt cultures), sugar, almonds, dutch cocoa, cream, skim milk, corn syrup, pure vanilla, and all natural stabilizer (carob bean gum, guar gum, soy lecithin, carrageenan and dextrose).

Nutrition Facts	
Serving Size 1/2 cup (74 g)	
Servings Per Container 8	
Amount Per Serving	
Calories 130	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 2.5g	13%
<i>Trans</i> Fat 0g	
Cholesterol 15mg	5%
Sodium 70mg	3%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	4%
Sugars 15g	
Protein 4g	
Vitamin A 2% ?	Vitamin C 0%
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
Sat 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
Calories per gram:	
Fat 9 ? Carbohydrate 4 ? Protein 4	