

Chocolate Overload

Rainbows End Classic Low Fat Frozen Yogurt

Nutrition Facts

Serving Size 4 fl oz (93g)

Amount Per Serving

Calories 130 **Calories from Fat 16**

% Daily Value*

Total Fat 2g 3%

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 6mg 2%

Sodium 57mg 2%

Total Carbohydrate 26g 9%

Dietary Fiber 1g **4%**

Sugars 18g

Protein 3g

Vitamin A 1%



Vitamin C 1%

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		475g
Dietary Fiber		25g		30g

Calories per gram:

Fat 9 ● Carbohydrate 4 ● Protein 4

INGREDIENTS:

Cultured Milk, Sugar, High Fructose Corn Syrup, Corn Syrup Solids, Cocoa, Maltodextrin, Chocolate Syrup (Sugar, Water Fructose, Cocoa, Natural Flavor, Unsweetened Chocolate, Potassium Sorbate, Salt, Soy Lecithin), Whey, Mono & DiGlycerides, Guar Gum, Locust Bean Gum, Carrageenan, Natural and Artificial Flavor, Caramel Color

Contains Active Live Cultures: *S. thermophilus*, *L. bulgaricus*, *L. Acidophilus*, *Bifidobacterium ssp.*, *L. rhamnosus*, *L. casei*

Allergens:
Contains MILK,

