

Extreme Cookies and Cream

Rainbows End Classic Low Fat Frozen Yogurt

Nutrition Facts

Serving Size 4 fl oz (92g)

Servings per Container Approx. 46

Amount Per Serving

Calories 115 **Calories from Fat** 18

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 6mg **2%**

Sodium 89mg **4%**

Total Carbohydrate 26g **9%**

Dietary Fiber 0g **0%**

Sugars 18g

Protein 3g

Vitamin A 1% ● Vitamin C 1%

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
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, Skim Milk, Sucrose, High Fructose Corn Syrup, Corn Syrup, Crushed Cookie [Enriched Flour(Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate(vitamin B1), Riboflavin (vitamin B2), Folic acid), Sugar, High Oleic Canola Oil and/or Canola Oil and/or Soybean Oil, Cocoa (processed with alkali), High Fructose Corn Syrup, Leavening (Baking soda and/or Calcium Phosphate), Salt, Soy Lecithin (Emulsifier), Chocolate, Vanillin - An Artificial Flavor], Whey, Maltodextrin, Skim Milk Solids, Mono & DiGlycerides, Guar Gum, Locust Bean Gum, Carrageenan
 Contains Active Live Cultures: S. thermophilus, L. bulgaricus, L. Acidophilus, Bifidobacterium ssp., L. rhamnosus, L. casei

Allergens:

Contains MILK, WHEAT, SOY

