

BLUEBERRY GRANOLA

FROZEN YOGURT

Nutrition Facts

Serving Size 1/2 Cup(71g)
 Servings Per Container

Amount Per Serving

Calories 130 **Calories from Fat** 25

% Daily Value*

Total Fat 3g	4%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 95mg	4%
Total Carbohydrate 24g	8%
Dietary Fiber 0g	0%
Sugars 22g	

Protein 3g

Vitamin A 0%	•	Vitamin C 0%
Calcium 10%	•	Iron 0%

* Percent Daily Values are based on a 2000 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
Protein		50g	65g

Calories per gram:

Fat 9	•	Carbohydrate 4	•	Protein 4
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INGREDIENTS: Milk, sugar, *cultured nonfat milk, blueberries(blueberries, high fructose corn syrup, corn syrup, sugar, modified food starch, natural flavor, citric acid, salt, sodium carboxymethylcellulose, sodium benzoate), high fructose corn syrup, granola(sugar, oats, coconut oil, water, honey, butter, corn syrup, almonds, salt, sodium bicarbonate, natural flavor, soy lecithin), cream, corn syrup, egg yolks, natural flavor, cellulose gum, mono and diglycerides, guar gum, carrageenan, annatto and turmeric extracts(colors).
 *streptococcus thermophilus, lactobacillus bulgaricus

Contains: egg, milk, soy, almond, coconut