

Purity Chocolate Frozen Yogurt

Nutrition Facts	
Serving Size 1/2 cup (71g)	
Servings Per Container 12	
Amount Per Serving	
Calories 120	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 65mg	3%
Total Carbohydrate 22g	7%
Dietary Fiber less than 1g	3%
Sugars 17g	
Protein 4g	
Vitamin A 6%	• Vitamin C 0%
Calcium 15%	• Iron 4%
* 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

INGREDIENTS: Milk, sugar, nonfat milk, sweetcream buttermilk, corn syrup, cream, cocoa (processed with alkali), contains less than 2% of natural flavor, mono & diglycerides, cellulose gum, guar gum, carrageenan, lactic acid, acetic acid, salt, culture, vitamin A palmitate.

Contains: milk