



Perfect Parfait Low Fat Plain Yogurt

Nutrition Facts	
1 serving per container	
Serving size	100 g
Amount per Serving	
Calories	80
% Daily Value *	
Total Fat 1g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 60 mg	3%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Total Sugars 12g	
includes 7g added sugars	14%
Protein 4g	8%
Vitamin D 1mcg	2%
Calcium 100mg	8%
Iron 0mg	0%
Potassium 180 mg	4%
<small>The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutritional advice</small>	



This nutritional information was calculated from the Nutritionist Pro® nutrition labeling and formulation software and not from actual testing. Nutritionist Pro® is a trademark of Axxya Systems. Westby Cooperative Creamery considers this information to be an accurate nutrient profile for this product.

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Ingredients: GRADE A SKIM MILK, MILK, CANE SUGAR, MODIFIED CORN STARCH,
 LESS THAN 2%: PECTIN, POTASSIUM SORBATE, CULTURES
 CONTAINS: MILK

