

Bassetts Ice Cream Company

Nutritional and Ingredient Data



VANILLA YOGURT

NUTRITION FACTS

Serving Size ½ cup (67g)

Amount Per Serving

Calories 100 **Calories from Fat** 20

		% Daily Value*
Total Fat	2.5g	4%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	10mg	3%
Sodium	60mg	2%
Potassium	140mg	4%
Total Carbohydrates	16g	5%
Dietary Fiber	0g	0%
Sugars	12g	
Protein	3g	

Vitamin A	2%	•	Vitamin C	2%
Calcium	10%	•	Iron	4%

*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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS

Milk, Sugar, Corn Syrup, Nonfat Milk, Cream, Whey, Vanilla, Vanilla Flavor (Natural Flavor, Vanillin, Caramel Color), Mono and Diglycerides, Cellulose Gum, Guar Gum, Polysorbate 80, Carrageenan, Vanilla Bean. Contains live yogurt cultures.

Allergen Alert: Contains Milk

Manufactured on equipment that is used to process other allergens.