

Bluberry Cheesecake Frozen Yoghurt

Nutrition Facts

Serving Size 1 bar (100 g)

Servings Per Container 1

Amount Per Serving

Calories 160 Calories from Fat 25

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 65mg **3%**

Total Carbohydrate 31g **10%**

Dietary Fiber 0g **0%**

Sugars 25g

Protein 4g

Vitamin A 2% • Vitamin C 2%

Calcium 15% • Iron 0%

*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	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredient List:

Ingredients: Skim Milk (52.6%), Blueberry Swirl (11.7%) (Sugar, Water, Blueberries, Organic Rice Starch, Natural Flavor, Citric Acid [acidity regulator], Guar Gum [stabilizer]), Sugar (9.1%), Cheesecake Base (8.7%) (Water, Sugar, Whey, Lactic Acid [acidity regulator], Organic Rice Starch, Cultured Non-Fat Milk, Natural Flavors, Citric Acid [acidity regulator], Guar Gum [stabilizer], Sodium Citrate [acidity regulator]), Corn Syrup Solids (7.0%), Non-Fat Dry Milk (5.2%), Cream (2.3%), Filtered Water (1.9%), Egg Yolks (1.2%) (Egg Yolks, Sugar), Stabilizers (0.2%) (Guar Gum and Carrageenan), Natural Cheesecake Flavor (0.1%), Active Yogurt Cultures (Water, Non-Fat Dry Milk, Lactic Acid Bacteria and Cryoprotective Agents) (0.01%).

Contains: Milk, Egg