

Non Fat Plain Yogurt

Nutrition Facts

Serving Size 1 cup (227g)

Amount Per Serving

Calories 100

Total Fat 0g

Trans Fat

Sodium 135mg

Total Carbohydrate 19g

Dietary Fiber 0g

Sugars 13g

Protein 10g

% Daily Value

Protein 71% • Vitamin A 25%

Vitamin C 25% • Calcium 30%

Iron 0%

Ingredients: Cultured pasteurized skim milk, non fat dry milk, modified food starch, carrageenan, pectin, Vitamins A, C, D, E.