

Vanilla Yogurt Parfait

Low fat vanilla yogurt parfait with strawberries, blueberries and granola



WIMS# 11316

Allergens: milk, soy, wheat

| Vanilla Yogurt with Mixed Berries | |
|-----------------------------------|----------------------------|
| Nutrition Facts | |
| 1 servings per container | |
| Serving size | 1 container (191 g) |
| Amount per serving | |
| Calories | |
| | 220 |
| % Daily Value* | |
| Total Fat 2.5g | 3% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 5mg | 2% |
| Sodium 85mg | 4% |
| Total Carbohydrate 43g | 16% |
| Dietary Fiber 2g | 7% |
| Total Sugars 15g | |
| Includes 5g Added Sugars | 10% |
| Protein 6g | |
| Vitamin D 0mcg | 0% |
| Calcium 168mg | 15% |
| Iron 1mg | 6% |
| Potassium 260mg | 6% |

* 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 nutrition advice.

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