

# Vanilla Yogurt Parfait

Low fat vanilla yogurt parfait with strawberries, blueberries and granola



WIMS# 11316

Allergens: milk, soy, wheat

Vanilla Yogurt with Mixed Berries	
<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>1 container (191 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>220</b>
% Daily Value*	
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 85mg	<b>4%</b>
<b>Total Carbohydrate</b> 43g	<b>16%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 15g	
Includes 5g Added Sugars	<b>10%</b>
<b>Protein</b> 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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