



Nutritional Information

Nutrition Facts

1 servings per container
Serving size 1 Parfait (198g)

Amount Per Serving
Calories 260

	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 52g	19%
Dietary Fiber 3g	11%
Total Sugars 30g	
Includes 14g Added Sugars	28%
Protein 6g	12%
Vitamin D 3mcg	15%
Calcium 195mg	15%
Iron 0.72mg	4%
Potassium 376mg	8%
Vitamin A	15%
Vitamin C	4%

*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.

INGREDIENTS: VANILLA YOGURT: Cultured Pasteurized Grade A Low Fat Milk, Sugar, Modified Corn Starch, Contains less than 1% of: Modified Tapioca Starch, Potassium Sorbate Added to Maintain Freshness, Natural Freshness, Natural Flavor, Vitamin A Acetate, Vitamin D3, BLUEBERRY: Blueberries, Raw, GRANOLA: Rolled Oats, Sugar, Crisp Rice (Rice Flour, Barley Malt Extract, Rice Bran), Canola Oil, Barley Malt, Honey, Molasses, Organic Non-Fat Milk Powder, Tapioca Syrup, Natural Flavor, Sea Salt

Allergens: MILK, GLUTEN

Processed in a facility that includes products containing Wheat, Milk, Eggs, Fish, Soy, Tree Nuts, Peanuts.