

# CANDY CANE

NON FAT

## Nutrition Facts

Serving Size 1/2 Cup (83g)

Amount Per Serving

**Calories** 100 **Calories from Fat** 0

% Daily Value\*

**Total Fat** 0g 0%

**Saturated Fat** 0g 0%

**Trans Fat** 0g

**Cholesterol** 5mg 2%

**Potassium** 200mg 6%

**Sodium** 70mg 3%

**Total Carbohydrate** 20g 7%

**Dietary Fiber** 0g 0%

**Sugars** 17g

**Protein** 3g

**Vitamin A** 0%

**Vitamin C** 0%

**Calcium** 10%

**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     |
| <b>Saturated Fat</b> | Less than | 20g     | 25g     |
| Cholesterol          | Less than | 300mg   | 300mg   |
| Sodium               | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate   |           | 300g    | 375g    |
| <b>Dietary Fiber</b> |           | 25g     | 30g     |

**INGREDIENTS:** Pasteurized and Cultured Skim Milk, Sugar, Corn Syrup, Whey, Nonfat Dry Milk, Natural Flavor, Milk Protein Isolate, Cellulose Gum, Guar Gum, Carrageenan, Modified Food Starch, Pectin, Red #40, Red#3 and Blue #1. Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus and Bifidobacterium.

Contains: Milk

\*\*This product is manufactured in a facility that also processes peanuts, tree nuts, eggs, soy, milk, and wheat products.