

TAPPY'S ORIGINAL TART

NON FAT

Nutrition Facts

Serving Size 1/2 Cup (83g)

Amount Per Serving

Calories 90 **Calories from Fat** 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 60mg 3%

Total Carbohydrate 20g 7%

Dietary Fiber 0g 0%

Sugars 13g

Protein 3g

Vitamin A 2%

Vitamin C 2%

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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: Pasteurized and Cultured Skim Milk, Sugar, Corn Syrup, Whey, Nonfat Dry Milk, Lemon Juice Concentrate, Citric Acid, Food Starch, Carrageenan, Pectin, Natural Flavor. 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.