

# COUNTRY VANILLA

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%

**Sodium** 75mg 3%

**Total Carbohydrate** 20g 7%

**Dietary Fiber** 0g 0%

**Sugars** 14g

**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
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, Sucrose, Corn Sweetener, Whey, Nonfat Dry Milk, Natural & Artificial Vanilla Flavor (Caramel Color Added), Milk Protein Isolate, Cellulose Gum, Guar Gum, Carrageenan, Mono & Diglycerides, Annatto (color). Contains the following active cultures: *S. Thermophilus*, *L. Bulgaricus*, *L. Lactis* and *L. Acidophilus*.

Contains: Milk

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