

# GREEK HONEY

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** 75mg 3%

**Total Carbohydrate** 16g 5%

**Dietary Fiber** 0g 0%

**Sugars** 11g

**Protein** 7g

**Vitamin A** 0%

**Vitamin C** 0%

**Calcium** 15%

**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
<b>Total Fat</b>	Less than	65g	80g
<b>Saturated Fat</b>	Less than	20g	25g
<b>Cholesterol</b>	Less than	300mg	300mg
<b>Sodium</b>	Less than	2,400mg	2,400mg
<b>Total Carbohydrate</b>		300g	375g
<b>Dietary Fiber</b>		25g	30g

**INGREDIENTS:** Pasteurized and Cultured Skim Milk, Sugar, Nonfat Dry Milk, Corn Syrup, Milk Protein, Whey, Natural Flavors, Food Starch, Carrageenan, Pectin, Purified Stevia Extract. Contains the following live and active cultures: *S. thermophilus*, and *L. bulgaricus*.

Contains: Milk

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