

IRISH MINT

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	70mg		3%
Total Carbohydrate	22g		7%
Dietary Fiber	0g		0%
Sugars	16g		
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, Sugar, French Vanilla Base (Water, Corn Syrup, Sugar, Egg Yolk, Modified Food Starch, Natural and Artificial Flavors, Annatto and Turmeric (color)), Whey, Nonfat Dry Milk, Milk Protein Isolate, Cellulose Gum, Guar Gum, Carrageenan, Pectin, Blue #1. Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus* and *Bifidobacterium*.

Contains: Milk and Eggs

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