

PEANUT BUTTER

LOW FAT

Nutrition Facts

Serving Size 1/2 Cup (83g)

Amount Per Serving

Calories 140 **Calories from Fat** 50

% Daily Value*

Total Fat 5g 8%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 110mg 5%

Total Carbohydrate 19g 6%

Dietary Fiber 1g 4%

Sugars 13g

Protein 4g

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, Cream, Peanut Butter (Peanuts, Dextrose, Hydrogenated Vegetable Oil (Rapeseed, Cotton Seed), Salt), Corn Syrup, Whey, Nonfat Dry Milk, Caramel Color, Natural & Artificial Flavor, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus* and *Bifidobacterium*.

Contains: Milk and Peanuts.

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