

Nutrition Facts for Vanilla Yogurt Parfait with Lemon & Honey

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
		Total Fat 27g		34%	Total Carb. 63g
		Saturated Fat 19g	94%	Fiber 5g	22%
		<i>Trans Fat</i> 0g		Total Sugars 35g	
Serving size: 1 Portion		Cholesterol 45mg	15%	Incl. 27g Added Sugars	53%
Calories per serving	540	Sodium 150mg	6%	Protein 18g	
Vitamin D 0% · Calcium 15% · Iron 8% · Potassium 15%					

Ingredients

Greek Yogurt, Lemon Pudding (puddings, vanilla, ready-to-eat; cookies, vanilla wafers, lower fat; sugars, granulated; egg, whole, raw, fresh; bananas, raw; milk, nfs.), Honey, Shredded Coconut, Rolled Oats, Maple Syrup, Cranberries Dried, Vanilla Extract, Cinnamon Ground

Contains

MILK, COCONUT

Characteristics

Vegetarian · Gluten Free · Corn Free · Peanut Free