

Nutrition Facts for Vanilla Yogurt Parfait with Berry & Granola

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
		Total Fat 5g			7%
		Saturated Fat 3g	16%	Fiber 1g	6%
		<i>Trans Fat</i> 0g		Total Sugars 12g	
Serving size: 1 Portion		Cholesterol 20mg	7%	Incl. 2g Added Sugars	4%
Calories per serving		Sodium 80mg	3%	Protein 6g	
230		Vitamin D 0% · Calcium 15% · Iron 2% · Potassium 8%			

Ingredients

Vanilla Yogurt, Raspberry Jam (jams and preserves.), Blueberries, Rolled Oats, Maple Syrup, Cranberries Dried, Honey, Vanilla Extract, Cinnamon Ground

Contains

MILK

Characteristics

Vegetarian · Gluten Free · Corn Free · Tree Nut Free · Peanut Free