

# Nutrition Facts for Greek Yogurt Parfait with Berry & Granola

<b>Nutrition Facts</b>		Amount/serving	% DV	Amount/serving	% DV
		<b>Total Fat</b> 8g		<b>10%</b>	<b>Total Carb.</b> 39g
		Saturated Fat 3.5g	<b>18%</b>	Fiber 1g	<b>6%</b>
		<i>Trans Fat</i> 0g		Total Sugars 11g	
Serving size: 1 Portion		<b>Cholesterol</b> 20mg	<b>7%</b>	Incl. 2g Added Sugars	<b>4%</b>
<b>Calories</b> per serving	<b>290</b>	<b>Sodium</b> 65mg	<b>3%</b>	<b>Protein</b> 14g	
Vitamin D 0% · Calcium 15% · Iron 2% · Potassium 6%					

## Ingredients

Greek 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