

Yogurt Cup Twist Frozen Small

Lancer Management

Author

Categories

Tools

Locations

Plate/Store

Yield 1 bowl

Portion 5 oz

Num Portions 1

Prep

Cook

Finish

Shelf

Nutrition Facts

Serving Size 5 oz (142g)

Servings Per Container 1

Amount Per Serving

Calories 167 Calories From Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 96mg 4%

Total Carbohydrates 36g 12%

Dietary Fiber 1g 3%

Protein 6g

Vitamin A 3% Vitamin C 1%

Calcium 6% Iron 2%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Descriptors

Fat Free

Low Saturated Fat

Cholesterol Free

Low Sodium

Healthy

Good Source of Carbohydrates

Good Source of Protein