

# Yogurt Cup Vanilla Frozen Small 5 oz.

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** 175 Calories From Fat 0

% Daily Value

**Total Fat** 0g 0%

Saturated Fat 0g 0%

**Cholesterol** 0mg 0%

**Sodium** 104mg 4%

**Total Carbohydrates** 35g 12%

Dietary Fiber 0g 0%

**Protein** 6g

Vitamin A 3% Vitamin C 2%

Calcium 0% Iron 0%

\* 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