

LOW FAT EGG NOG

This mouth-wateringly creamy flavor is the ideal wintertime treat. One bite of our Low Fat Egg Nog yogurt and you're hooked! And it tastes just like a fresh cup of holiday nog!

Ingredient Statement: Milk, Cream, Sugar, Corn Syrup, Nonfat Milk Solids, Whey, Natural & Artificial Egg Nog Flavor (nutmeg, alcohol, gum tragacanth, gum arabic, gum xanthan, sodium benzoate, FD&C yellow #5 and FD&C yellow #6) Mono- and Diglycerides, Cellulose Gum, Guar Gum, Polysorbate 80, Carrageenan, Propylene Glycol, Citric Acid, Dextrose Cultured with the following Live Active Cultures: *S. Thermophilus*, *L. Bulgaricus*, *L. Acidophilus*, *B. Bifidus* and *L. Casei*.

Allergens:

Milk:	Yes
Egg:	No
Wheat:	No
Soy:	No
Tree Nut:	No
Peanut:	No

This product is manufactured in a facility that also processes peanuts, tree nuts, eggs, soy, milk, and wheat products.



Nutrition Facts

Serving Size (89g)
Servings Per Container

Amount Per Serving
Calories 110 Calories from Fat 25
% Daily Value*

Total Fat 3g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 50mg	2%
Total Carbohydrate 18g	6%
Dietary Fiber 0g	0%
Sugars 13g	

Protein 3g

Vitamin A 2%	•	Vitamin C 2%
Calcium 10%	•	Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

* Products are only certified when bearing OUD symbol