

# Skinny D's YOGURT

## Irish Mint - Non-Fat

Nutrition Facts	Ingredients:
Serving Size (4oz)	Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Corn Syrup, Whey, French Vanilla Base (Water, Sugar, Corn Syrup, Egg Yolk, Modified Food Starch, Natural Flavors, Annatto Extract (For Color), Citric Acid, Turmeric (For Color)), Contains Less Than 1% Of Non Fat Dry Milk, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Natural and Artificial Flavors, Modified Food Starch, Carrageenan, Pectin, Blue #1. Contains the following live and active cultures: <i>S. thermophilus</i> , <i>L.</i> <i>bulgaricus</i> , <i>L. lactis</i> , <i>L. acidophilus</i> and <i>Bifidobacterium</i> .
Amount per serving	
<b>Calories 100</b>	
% Daily Value	
<b>Total Fat 0g</b>	
Saturated Fat 0g	
Trans Fat 0g	
<b>Cholesterol 5mg</b>	
<b>Sodium 70mg</b>	
<b>Total Carbohydrate 22g</b>	
Dietary Fiber 0g	
Total Sugars 18g	
Includes 11g Added Sugars	
Sugar Alcohol 0g	
<b>Protein 2g</b>	
Vitamin D 0mcg	
Calcium 100mg	
Iron 0mg	
Potassium 190mg	
*Percent Daily Values are Based on a 2,000 Calorie diet. Your daily value may be higher or lower depending on your calorie needs	
<b>Allergens</b>	
Milk: Yes	
Egg: Yes	
Wheat: No	
Soy: No	
Tree nut: No	
Peanut: No	
Sulfites: No	

All the taste,

Without the waist