

# Skinny D's YOGURT

## Chocolate Fudge -Sorbet

Nutrition Facts		Ingredients	
Serving Size (4oz)		Water, Sugar, Corn Syrup, Cocoa (Processed with Alkali), Maltodextrin, Contains Less Than 1% Of Pectin, Natural Flavor.	
Serving per Container			
Amount per serving			
<b>Calories 100</b>	Calories from Fat 0g		
% Daily Value			
<b>Total Fat 0.5g</b>	1%		
Saturated Fat 0g	0%		
Trans Fat 0g			
<b>Cholesterol 0mg</b>	0%		
<b>Sodium 0mg</b>	0%		
<b>Total Carbohydrate 25g</b>	8%	<b>Allergens</b>	
Dietary Fiber 0g	0%	Milk: No	
Sugars 14g		Egg: No	
<b>Protein &lt;1g</b>		Wheat: No	
<b>Vitamin A 0%</b>	<b>Vitamin C 0%</b>	Soy: No	
<b>Calcium 0%</b>	<b>Iron 0%</b>	Tree Nut: No	
*Percent Daily Values are Based on a 2,000 Calorie diet. Your daily value may be higher or lower depending on your calorie needs:		Peanut: No	
	Calories	2,000	2,500
Total Fat	Less Than	65mg	80gm
Saturated Fat	Less Than	20g	25gm
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300gm	375g
Dietary Fiber		25g	30g
Calories (per Gram):			
Fat 9gm			
Carbohydrate 4gm			
Protein 4gm			

All the taste,

Without the waist