Skinny D's YOGURT

Egg Nog- NSA

Our No Sugar added is Specialy formulated to fit low carbs diet and Sweetended with Erythritol and Natural Stevia. Erythritol (A type of Sugar Alcohol) & Fibers fully eliminates from body and leaving you with only 10gms Net Carbs per 4oz.

Nutrition Facts

Serving Size 1/2 cup (4 oz.)

Amount per serving

Calories 60	Calories from Fat 10g
	% Daily Value
Total Fat 1g	**2%**
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 70mg	**3%**
Total Carbohydrate 14g	**5%**
Dietary Fiber 1gm	3%
Sugar Alcohols (Erythritol) 3gm	
Total Sugar 4gm	
Includes 0gm Added Sugars	0%
Protein 2g	
Vitamin A 0%	**Vitamin C 2%**
Calcium 10%	**Iron 0%**

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

	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

Ingredients

Nonfat Milk, Maltodextrin, Extra Grade Sweet Whey, Non Hydrogenated Coconut Oil, Erythritol, Cellulose Gum and/or Guar Gum, Vanilla, Natural Flavors, Non-Fat Yogurt, Whey Protein Concentrate. Contains Natural Stevia & Active Probiotic Cultures.

Water, Natural and Artificial Flavors, Propylene Glycol, FD&C Yellow 5, FD&C Yellow 6

Allergens

Milk:	Yes
Egg:	No
Wheat:	No
Soy:	No
Tree nut:	Yes(Coconut)
Peanut:	No
Sulfites:	No

Only 10gm net carbs per 4oz

All the taste, Without the waist