# Skinny D's YOGURT

## Mango - Whole Oat (Dairy Free/Vegan)

## Nutrition Facts

| | |
|---|---|
| **Serving Size** | **1/2 cup (4 oz)** |
| **Amount per serving** | |
| **Calories** | **100** |
| | **% Daily Value*** |
| **Total Fat** 0g | **0%** |
| Saturated Fat 0g | **0%** |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 115mg | **5%** |
| **Total Carbohydrate** 23g | **9%** |
| Dietary Fiber <1g | **1%** |
| Sugars 16g | |
| Includes 16g Added Sugars | **32%** |
| **Protein <1g** | **1%** |
| Vitamin D 0mcg | 0% |
| Calcium 3mg | 0% |
| Iron 0mg | 0% |
| Potassium 0mg | 0% |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

## Ingredients

Cane Sugar, Tapioca Maltodextrin, Whole Oat Flour, Vanilla Powder, Soy Protein, Salt, Xanthan Gum, Guar Gum. Water, Propylene Glycol, Natural and Artificial Flavor, Tragacanth Gum, Yellow 5, Yellow 6, Ethyl Alcohol, Sodium Benzoate.

**Allergens**

| | |
|---|---|
| Milk: | No |
| Egg: | No |
| Wheat: | No |
| Soy: | Yes (Soy Protein) |
| Tree nut: | No |
| Peanut: | No |
| Sulfites: | No |

All the taste, Without the waist