

# Yogurt Parfait

## Nutrition Facts

1 serving per container

**Serving size** 1 popsicle (123mL)

**Amount Per Serving**

**Calories** **140**

**% Daily Value\***

**Total Fat** 6g **8%**

Saturated Fat 3.5g **18%**

*Trans* Fat 0g

**Cholesterol** 20mg **7%**

**Sodium** 40mg **2%**

**Total Carbohydrate** 16g **6%**

Dietary Fiber 1g **4%**

Total Sugars 7g

Includes 4g Added Sugars **8%**

**Protein** 6g **12%**

Vitamin D 0mcg 0%

Calcium 80mg 6%

Iron 0.5mg 4%

Potassium 60mg 2%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Milk, Cream, Greek Yogurt [Cultured Milk. 6 Live And Active Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei, And L. Rhamnosus], Granola [Whole Grain Oats, Cane Sugar, Rice, Sunflower Oil, Honey, Molasses, Sea Salt, Natural Flavor, Vitamin E], Strawberries, Honey, Blueberries, Vanilla Extract, Guar Gum

Contains: Milk

Swell Pops

Destin, FL 32541