



Peppermint Stick

Nutrition Facts

Serving Size 1/2 cup (83g)
Servings Per Container

Amount Per Serving

Calories 100 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 70mg 3%

Potassium 200mg 6%

Total Carbohydrate 20g 7%

Dietary Fiber 0g 0%

Sugars 17g

Protein 3g

Vitamin A 0% • Vitamin C 0%

Calcium 10% • Iron 0%

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

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Potassium			3,500 mg	3,500 mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g



INGREDIENTS:

Pasteurized and Cultured Skim Milk, Sugar, Corn Syrup,

Whey, Nonfat Dry Milk, Natural Flavor, Milk Protein Isolate, Cellulose

Gum, Guar Gum, Carrageenan, Modified Food Starch, Pectin, Red #40,

Red#3 and Blue #1. Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis* and *L. acidophilus*

