



# Nutrition Statement Serving size = 1/2 cup

Product	Servings	Weight (g)	Calories	Total Fat	Sat. Fat	Cholesterol	Sodium (g)	Total Carbs (g)	Sugar (g)	Protein (g)	Vitamin A %	Vitamin C %	Calcium %
Blueberry-Pomegranate*	1	98	100	0	0	0	45	21	21	4	0	0	10
Chocolate*	1	96	90	0	0	0	60	18	17	4	0	2	15
Coconut	1	96	100	0	0	0	50	20	20	4	4	0	15
Coffee*	1	97	90	0	0	0	45	17	17	4	0	0	15
Cookies 'n Cream	1	96	90	0	0	0	50	17	17	4	0	0	15
Madagascar Vanilla*	1	95	90	0	0	0	50	17	17	4	0	0	15
Mint Patty	1	95	90	0	0	0	50	17	17	4	0	0	15
Orange Cream	1	98	110	0	0	0	55	23	21	4	0	6	10
Peanut Butter*	1	97	130	4	0.5	0	105	18	17	5	0	0	15
Pumpkin Spice	1	97	100	0	0	0	45	20	20	4	8	0	10
Signature Tart	1	97	100	0	0	0	50	21	20	4	0	0	10
Sunset Strawberry*	1	97	100	0	0	0	45	21	21	3	0	4	10

## Serving size = 2/3 cup

Salted Caramel*	1	119	130	1	.5	5	240	25	25	5	0	0	15
Mango Madness	1	130	140	0	0	0	60	32	31	5	0	0	15

Contains Live Active Cultures (Bifidobacterium lactis, Lactobacillus acidophilus, Lactobacillus delbrueckii bulgaricus, Streptococcus thermophilus)

\*Certified Gluten Free by FARRP [www.farrp.unl.edu](http://www.farrp.unl.edu)