

# Nutrition Facts

6 servings per container

**Serving size**

**1 parfait**

**Amount Per Serving**

**Calories**

**260**

**% Daily Value\***

**Total Fat** 2g **3%**

Saturated Fat 0.459g **2%**

*Trans* Fat 0.006g

Polyunsaturated Fat 0.723g

Monounsaturated Fat 0.648g

**Cholesterol** < 5mg **1%**

**Sodium** 125mg **5%**

**Total Carbohydrate** 50g **18%**

Dietary Fiber 7g **25%**

Total Sugars 34g

Includes 16g Added Sugars **32%**

Sugar Alcohol 0g

**Protein** 8g **17%**

Vitamin D 1.851mcg 10%

Calcium 247mg 20%

Iron 1.667mg 10%

Potassium 557mg 10%

\*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.