



homemade organic fresh yogurt and frozen yogurt

## Fraiche Nutrition Facts – Frozen Yogurts

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Serving Size 1 oz

Servings per container:

Junior – 4

Regular – 6

Large – 9

### NATURAL FROZEN YOGURT FLAVOR

Amount Per Serving

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Calories 25

Calories from Fat 0

	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0g	0%
Sodium 15mg	1%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 1g	

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### SOY FROZEN YOGURT FLAVOR

Amount Per Serving

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Calories 29

Calories from Fat 4

	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 7mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 1g	

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### CHOCOLATE FROZEN YOGURT FLAVOR

Amount Per Serving

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Calories 43

Calories from Fat 8

	% Daily Value*
Total Fat 1g	0%
Saturated Fat 0g	0%
Cholesterol 2mg	1%
Sodium 25mg	1%
Total Carbohydrate 7g	2%
Dietary Fiber 0g	0%
Sugars 7g	
Protein 1g	

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



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## Fraiche Nutrition Facts – Fresh Yogurts

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Serving Size 1 oz

Servings per container:

Junior – 4

Regular – 6

Large – 9

### NON FAT FRESH YOGURT

Amount Per Serving

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Calories 15

Calories from Fat 0

	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 1mg	0%
Sodium 21mg	1%
Total Carbohydrate 2g	0%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 1g	

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### WHOLE MILK FRESH YOGURT

Amount Per Serving

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Calories 30

Calories from Fat 3

	% Daily Value *
Total Fat 2g	0%
Saturated Fat 0g	0%
Cholesterol 8mg	4%
Sodium 19mg	1%
Total Carbohydrate 2g	0%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 1g	

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### LOW FAT FRESH YOGURT

Amount Per Serving

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Calories 20

Calories from Fat 2

	% Daily Value*
Total Fat 1g	0%
Saturated Fat 0g	0%
Cholesterol 3mg	0%
Sodium 20mg	1%
Total Carbohydrate 2g	0%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 1g	

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