



## FrozenYogurt Mix - 60% Overrun

### Nutrition Facts

Serving Size 4 Fl. Oz. (82g)  
Servings Per Container 51

#### Amount Per Serving

**Calories 110** Calories from Fat 25

**%Daily Value\***

**Total Fat 3g** 4%

Saturated Fat 2g 9%

Trans Fat 0g

**Cholesterol 10mg** 4%

**Sodium 75mg** 3%

**Total Carbohydrate 19g** 6%

Dietary Fiber 0g 0%

Sugars 15g

**Protein 3g**

Vitamin A 2% • Vitamin C 2%

Calcium 10% • Iron 4%

\*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**

	Less than	65g	80g
Total Fat	Less than	20g	25g
Saturated Fat	Less than	300mg	300mg
Cholesterol	Less than	2,400mg	2,400mg
Sodium	Less than	300g	375g
Total Carbohydrate		25g	30g
Dietary Fiber			

#### Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

\* Nutritional Content compiled by Galiker Dairy, Johnstown, PA.

\* Nutritional Content may vary slightly due to flavorings, fruit, nut, candy and other add-ins.

**INGREDIENTS:** Cultured Milk, Sugar, Corn Syrup, Nonfat Milk, Cream, Whey, Monoglycerides, Guar Gum, Locust Bean Gum, Carrageenan. Contains Live Yogurt Cultures: Lactobacillus Acidophilus, Bifidobacterium, Streptococcus Thermophilus, Lactobacillus Bulgaricus.



## Original Frozen Custard Mix - 20% Overrun

### Nutrition Facts

Serving Size 4 Fl. Oz. (109g)  
Servings Per Container 128

#### Amount Per Serving

**Calories 220** Calories from Fat 110

**%Daily Value\***

**Total Fat 13g** 20%

Saturated Fat 8g 39%

Trans Fat 0g

**Cholesterol 100mg** 33%

**Sodium 95mg** 4%

**Total Carbohydrate 21g** 7%

Dietary Fiber 0g 0%

Sugars 19g

**Protein 5g**

Vitamin A 10% • Vitamin C 2%

Calcium 15% • Iron 6%

\*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**

	Less than	65g	80g
Total Fat	Less than	20g	25g
Saturated Fat	Less than	300mg	300mg
Cholesterol	Less than	2,400mg	2,400mg
Sodium	Less than	300g	375g
Total Carbohydrate		25g	30g
Dietary Fiber			

#### Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

\* Nutritional Content compiled by Galiker Dairy, Johnstown, PA.

\* Nutritional Content may vary slightly due to flavorings, fruit, nut, candy and other add-ins.

**INGREDIENTS:** Milk, Cream, Sugar, Egg Yolks, Nonfat Milk, Whey, Mono- and Diglycerides, Guar Gum, Locust Bean Gum, Carrageenan.



## No Fat No Added Sugar Yogurt - 60% Overrun

### Nutrition Facts

Serving Size @ 60% Overrun (84g)  
Servings Per Container 1

#### Amount Per Serving

**Calories 90** Calories from Fat 0

**%Daily Value\***

**Total Fat 0g** 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol 0mg** 0%

**Sodium 80mg** 3%

**Potassium 210mg** 6%

**Total Carbohydrate 23g** 8%

Dietary Fiber less than 1 gram 3%

Sugars 6g

Sugar Alcohol 8g

**Protein 4g**

Vitamin A 2% • Vitamin C 2%

Calcium 15% • 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**

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

#### Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

\* Nutritional Content compiled by Galiker Dairy, Johnstown, PA.

\* Nutritional Content may vary slightly due to flavorings, fruit, nut, candy and other add-ins.

**INGREDIENTS:** Nonfat Milk, Maltodextrin, Lactitol, Maltodextrin, Microcrystalline Cellulose, Mono- and Diglycerides, Cellulose Gum, Acesulfame Potassium, Aspartame, Carrageenan, Vitamin A Palmitate. Contains Live Yogurt Cultures: Lactobacillus Acidophilus, Bifidobacterium, Streptococcus Thermophilus, Lactobacillus Bulgaricus.