SMART SNACKS
PRODUCT CALCULATOR

ALLIANCE FOR A HEALTHIER GENERATION

Smart Snacks Product Calculator Results

Brand:
Yogurt Parfait Recipe

Product Name:
w/Strawberries and Crispy Granola

Serving Size:
395.00 g

First Ingredient:
Nonfat Yogurt

Your dairy product meets all nutrient standards.

Nutrition Facts

Serving Size 395.00 g

Servings Per Container

Amount Per Serving

Calories 165	**Calories from Fat** 9
Total Fat (g) 1	
Saturated Fat (g) 0.25	
Trans Fat (g) 0	
Sodium (mg) 127	
Carbohydrates	
Sugars (g) 25	
Vitamin D (%) NA	Potassium (%) NA
Calcium (%) NA	Dietary Fiber (%) NA

START OVER

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Questions Contact us.

FOUNDED BY: American Heart Association, CLINTON FOUNDATION