



NATURAL YOGURT RAISINS

Nutrients	Per Serving	Per 100g	Nutrients	Per Serving	Per 100g
Calories (kcal)	191.06	457.08	Carbohydrates (g)	28.73	68.72
Calories from Fat (kcal)	77.19	184.68	Dietary Fiber (g)	0.58	1.38
Fat (g)	8.58	20.52	Total Sugars (g)	25.57	61.17
Saturated Fat (g)	7.83	18.74	Protein (g)	1.21	2.9
Trans Fatty Acid (g)	0.01	0.03	Vitamin A - IU (IU)	0.64	1.53
Cholesterol (mg)	0.7	1.67	Vitamin C (mg)	0.44	1.06
Sodium (mg)	15	35.89	Calcium (mg)	38.41	91.88
Potassium (mg)	146.94	351.52	Iron (mg)	0.29	0.69

Nutrition Facts	
Serving Size 1/4 cup (42g)	
Servings Per Container	
Amount Per Serving	
Calories 190	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Potassium 150mg	4%
Total Carbohydrate 29g	10%
Dietary Fiber 1g	4%
Sugars 26g	
Protein 1g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 2%
*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
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Facts	
Serving Size (100g)	
Servings Per Container	
Amount Per Serving	
Calories 460	Calories from Fat 180
% Daily Value*	
Total Fat 21g	32%
Saturated Fat 19g	95%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Potassium 350mg	10%
Total Carbohydrate 69g	23%
Dietary Fiber 1g	4%
Sugars 61g	
Protein 3g	
Vitamin A 0%	• 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
Total Fat	Less than 65g 80g
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Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



NATURAL YOGURT RAISINS

INGREDIENTS: Yogurt Coating (sugar, palm kernel oil, whey, nonfat milk, yogurt powder [cultured whey, nonfat milk], soy lecithin [an emulsifier], natural flavor), Raisins, Water, Gum Arabic, Confectioners Glaze, Modified Starch (tapioca), Coconut Oil.

Contains Milk, Soy.

Manufactured in a plant that processes peanuts, tree nuts, soy, wheat (gluten), eggs, and dairy products.

June, 2015