

aMaMa® Vege'Yo® and SpicyYo® Blended Yogurt - Nutrition Facts

BUTTERNUT SQUASH

Nutrition Facts	
Serving Size 6 oz (170g)	
Servings Per Container 1	
Amount Per Serving	
Calories 110	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 75mg	3%
Total Carbohydrate 19g	6%
Dietary Fiber 0g	0%
Sugars 19g	
Protein 5g	10%
Vitamin A 7%	Vitamin C 0%
Calcium 17%	Iron 0%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	
Ingredients: Cultured reduced fat milk, aMaMa® Flavor Base (butternut squash, evaporated cane juice, lemon juice, salt, infused spices), nonfat dry milk.	

CARROT

Nutrition Facts	
Serving Size 6 oz (170g)	
Servings Per Container 1	
Amount Per Serving	
Calories 110	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 90mg	4%
Total Carbohydrate 18g	6%
Dietary Fiber 0g	0%
Sugars 18g	
Protein 5g	10%
Vitamin A 7%	Vitamin C 0%
Calcium 18%	Iron 0%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	
Ingredients: Cultured reduced fat milk, aMaMa® Flavor Base (carrot, evaporated cane juice, lemon juice, salt, infused spices), nonfat dry milk.	

PUMPKIN

Nutrition Facts	
Serving Size 6 oz (170g)	
Servings Per Container 1	
Amount Per Serving	
Calories 110	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 70mg	3%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Sugars 20g	
Protein 5g	10%
Vitamin A 6%	Vitamin C 0%
Calcium 17%	Iron 0%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	
Ingredients: Cultured reduced fat milk, aMaMa® Flavor Base (pumpkin, evaporated cane juice, lemon juice, salt, infused spices), nonfat dry milk.	

GARLIC

Nutrition Facts	
Serving Size 2 Tbsp (33g)	
Servings Per Container 14	
Amount Per Serving	
Calories 25	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 3mg	1%
Sodium 92mg	4%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 2g	4%
Vitamin A 6%	Vitamin C 0%
Calcium 7%	Iron 0%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	
Ingredients: Cultured reduced fat milk, aMaMa® Garlic Flavor Base (canola oil, garlic, salt, lemon juice, black mustard, dry hot peppers, turmeric, curry leaves), nonfat dry milk.	

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Revised 3.1.11