



SNACKIN' STICKS

Nutrition Facts Report
Source: Custom

Yield: 4 (1.000 serving(s))
No. Ingredients: 3

Category: Basic Food
Manufacturer: (None)

Ingredients

6.000 oz. DANNON Fruit on the Bottom Low Fat Strawberry Yogurt
2.000 T. Jam or Preserves
4.000 sl. Nature's Own Honey Wheat Bread

Nutrition Facts

Serving Size 1.00 serving(s) (79g)

Amount Per Serving

Calories 135 **Calories from Fat** 8

% Daily Value

Total Fat 0.9g 1 %

Saturated Fat 0.3g 1 %

Trans Fat 0.0g

Cholesterol 1.3mg 0 %

Sodium 150.7mg 6 %

Total Carbohydrate 27.9g 9 %

Dietary Fiber 1.2g 5 %

Sugars 13.4g

Protein 3.5g

Vitamin A 0 % Calcium 6 %

Vitamin C 2 % Iron 6 %

Instructions