



**DOUBLE CREAM PLAIN YOGHURT** 

#### **TARGET AUDIENCE:**

Adults

## **AVAILABLE IN:**

1 kg, 450 g, 6 x 100 g

## **FLAVOURS:**

Plain







#### **INGREDIENTS:**

Full cream milk, cream, thickener (maize starch), whey (liquid or reconstituted), yoghurt cultures (*Streptococcus thermophilus* and *Lactobacillus Bulgaricus*), and preservative (potassium sorbate).

ALLERGENS: Contains cow's milk. May contain wheat (gluten).

# TYPICAL NUTRITIONAL INFORMATION (AS PACKED)

Serving size 100 g

	Per 100g	%NRVs per serving
Energy (kJ)	421	
Protein (g)	3,0	5
Glycaemic Carbohydrate (g)	6	
of which total sugar (g)	4,4	
of which total added sugar (sucrose) (g)	0,0	
Total Fat (g)	7,3	
of which saturated fat (g)	4,4	
Dietary Fibre <sup>#</sup> (g)	0,0	
Total Sodium (mg)	41	
Calcium (mg)	107,8	8

<sup>\*</sup>Calculated using supplier information.



<sup>\*</sup>NRV's = Nutrient reference values for individuals 4 years and older.