



### 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

PRINT FOR YOUR RECORDS