



# Hiland<sup>TM</sup>

## ICE CREAM

FARMER OWNED

A division of Hiland Dairy



# FROZEN YOGURT

MADE WITH REAL DAIRY AND LIVE CULTURES, EACH SERVING OF HILAND FROZEN YOGURT IS A GREAT SOURCE OF PROBIOTICS AND CALCIUM, AND ONLY FIVE GRAMS OF FAT.

THE FRENCH VANILLA, CHOCOLATE, BLACK CHERRY, AND PEACH FLAVORS OFFER HEALTH-CONSCIOUS SHOPPERS THE OPPORTUNITY TO INDULGE WITHOUT THE GUILT.

[HILANDDAIRY.COM](http://HILANDDAIRY.COM)



ITEM #28899



48 OUNCES (1.41L)

## Nutrition Facts

9 servings per container  
**Serving size** 2/3 cup (95g)

**Amount per serving**  
**Calories** **220**

	% Daily Value*
<b>Total Fat</b> 5g	<b>8%</b>
<b>Saturated Fat</b> 3g	<b>14%</b>
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 50mg	<b>16%</b>
<b>Sodium</b> 80mg	<b>3%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 21g	
Includes 14g Added Sugars	<b>30%</b>
<b>Protein</b> 2g	
Vitamin D .0786mcg	.4%
Calcium 103mg	7.9%
Iron .13mg	1%
Potassium 154mg	4%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# FRENCH VANILLA FROZEN YOGURT

## CLASSIC VANILLA CUSTARD FROZEN YOGURT

**INGREDIENTS:** MILK, CREAM, BUTTERMILK, SUGAR, CORN SYRUP, EGG BASE (PASTEURIZED EGG YOLKS, SUGAR, CORN SYRUP, WATER, SALT, SODIUM BENZOATE, POTASSIUM SORBATE, ANNATTO & TURMERIC EXTRACTS), WHEY (MILK), STABILIZED AND EMULSIFIED BY MONO AND DIGLYCERIDES, GUAR GUM, LOCUST BEAN GUM, CELLULOSE GUM, AND CARRAGEENAN, NATURAL FLAVOR, AND CULTURE. **CONTAINS: MILK, EGG**

  
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# CHOCOLATE FROZEN YOGURT

## CLASSIC CHOCOLATE FROZEN YOGURT

**INGREDIENTS:** MILK, CREAM, BUTTERMILK, SUGAR, CORN SYRUP, EGG BASE (PASTEURIZED EGG YOLKS, SUGAR, CORN SYRUP, WATER, SALT, SODIUM BENZOATE, POTASSIUM SORBATE, ANNATTO & TURMERIC EXTRACTS), WHEY (MILK), COCOA (PROCESSED WITH ALKALI), HIGH FRUCTOSE CORN SYRUP, STABILIZED AND EMULSIFIED BY MONO AND DIGLYCERIDES, GUAR GUM, LOCUST BEAN GUM, CELLULOSE GUM, AND CARRAGEENAN, AND CULTURE. **CONTAINS: MILK, EGG**

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ITEM #28900



48 OUNCES (1.41L)

## Nutrition Facts

9 servings per container  
 Serving size **2/3 cup (95g)**

Amount per serving  
**Calories 230**

	% Daily Value*
<b>Total Fat</b> 6g	<b>9%</b>
<b>Saturated Fat</b> 3g	<b>15%</b>
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 50mg	<b>16%</b>
<b>Sodium</b> 85mg	<b>3%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 22g	
Includes 15g Added Sugars	<b>32%</b>

<b>Protein</b> 3g	
Vitamin D .084mcg	.4%
Calcium 99mg	7.6%
Iron .13mg	1%
Potassium 147mg	4%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.





# BLACK CHERRY FROZEN YOGURT

## SWEET BLACK CHERRIES IN CHERRY FLAVORED FROZEN YOGURT

**INGREDIENTS:** MILK, CREAM, BUTTERMILK, BLACK CHERRIES (CHERRIES, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, NATURAL FLAVOR, MODIFIED FOOD STARCH [CORN], CARRAGEENAN, DEXTROSE, SODIUM BENZOATE, POTASSIUM SORBATE, RED #40, CITRIC ACID, BLUE #2, GREEN #3, SULFUR DIOXIDE), SUGAR, CORNY SYRUP, EGG BASE (PASTEURIZED EGG YOLKS, SUGAR, CORN SYRUP, WATER, SALT, SODIUM BENZOATE, POTASSIUM SORBATE, ANNATTO & TURMERIC EXTRACTS), WHEY (MILK), STABILIZED AND EMULSIFIED BY MONO AND DIGLYCERIDES, GUAR GUM, LOCUST BEAN GUM, CELLULOSE GUM, AND CARRAGEENAN, NATURAL FLAVOR, RED #40, LACTOBACILLUS. **CONTAINS: MILK, EGG**



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ITEM #28901



48 OUNCES (1.41L)

## Nutrition Facts

9 servings per container  
Serving size **2/3 cup (95g)**

Amount per serving  
**Calories 160**

	% Daily Value*
<b>Total Fat</b> 5g	<b>7%</b>
<b>Saturated Fat</b> 2g	<b>12%</b>
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 40mg	<b>14%</b>
<b>Sodium</b> 85mg	<b>4%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 24g	
Includes 12g Added Sugars	<b>26%</b>
<b>Protein</b> 2g	
Vitamin D .069mcg	<b>.3%</b>
Calcium 92mg	<b>7%</b>
Iron .12mg	<b>1%</b>
Potassium 135mg	<b>4%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.





ITEM #28902



48 OUNCES (1.41L)

## Nutrition Facts

9 servings per container  
**Serving size** 2/3 cup (95g)

Amount per serving

**Calories** **160**

% Daily Value\*

**Total Fat** 4g **7%**

**Saturated Fat** 2g **11%**

**Trans Fat** 0g

**Cholesterol** 40mg **13%**

**Sodium** 75mg **3%**

**Total Carbohydrate** 26g **9%**

Dietary Fiber 0g **0%**

Total Sugars 24g

Includes 18g Added Sugars **38%**

**Protein** 2g

Vitamin D .064mcg .3%

Calcium 86mg 6.6%

Iron .19mg 1%

Potassium 125mg 4%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# PEACH FROZEN YOGURT

## PEACH FLAVORED FROZEN YOGURT BLENDED WITH PEACH PIECES

**INGREDIENTS:** MILK, CREAM, BUTTERMILK, PEACH CUBES (PEACHES, SUGAR, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, WATER, MODIFIED FOOD STARCH [CORN], CARRAGEENAN, NATURAL FLAVOR, CITRIC ACID, SODIUM BENZOATE, POTASSIUM SORBATE), SUGAR, PEACH PUREE (WATER, CONCENTRATED PEACH PUREE, CORN SYRUP, SUGAR, NATURAL FLAVOR, CITRIC ACID, CARRAGEENAN, SODIUM BENZOATE, POTASSIUM SORBATE), CORN SYRUP, EGG BASE (PASTEURIZED EGG YOLKS, SUGAR, CORN SYRUP, WATER, SALT, SODIUM BENZOATE, POTASSIUM SORBATE, ANNATTO & TURMERIC EXTRACTS), WHEY (MILK), STABILIZED AND EMULSIFIED BY MONO AND DIGLYCERIDES, GUAR GUM, LOCUST BEAN GUM, CELLULOSE GUM, AND CARRAGEENAN, NATURAL FLAVOR, AND CULTURE. **CONTAINS: MILK, EGG**

  
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