



Nutrition Information for Berryme yogurt flavours

Average quantity per 100g	Mango	Cheesecake	Pomegranate	Chocolate	Plain	Pina Colada	Strawberry	Green Tea	Hazelnut	Taro	Banana	Watermelon	Apple	Caramel	Blue Acai	Coconut	Lemon Curd	Chocolate Cookie & Cream	Honeydew
Energy (kj)	469	535	569	525	577	472	512	494	560	526	580	556	561	505	480	533	499	535	478
Calorie (cal)	112	127	135	125	137	112	124	117	133	125	138	132	133	120	114	126	118	127	114
Protein (g)	3.6	4.1	2.8	4.3	3.4	3.1	2.9	3.1	4.7	3.5	4.9	1.8	2.3	3.9	2.6	3.2	3.9	4.2	4
Fat Total (g)	0.3	1.4	1.8	2.1	2.5	0.3	1.3	0.6	2.2	0.6	1.4	3	3.4	0.7	0,2	1.7	0.8	1.5	0.8
↳ Fat Saturated (g)	0.3	0.9	1.2	1.7	1.6	0.2	0.8	0.3	1.0	0.4	0.9	2.8	3.1	0.5	0.1	1.4	0.6	1.2	0.6
Carbohydrate (g)	23.3	24.5	26.6	21.2	25.1	24.2	24.9	24.8	23.5	26.2	26.1	24	22.9	24.3	25.4	24.6	23.8	23.7	24.5
↳ Sugar (g)	21.6	22	21	19.9	21	21.6	20.5	22.3	22.7	22.3	21.9	20	16	23.4	22.5	22.1	22.8	21	22.1
Sodium (mg)	43	51	6	42	15	38	22	39	55	43	56	51	94	46	33	39	47	45	48

Ingredients : Sugar, Whole milk powder, Skim milk powder, Glucose syrup, Natural yogurt, Dextrose, Fruits puree.
Our yogurts may contain food allergens

