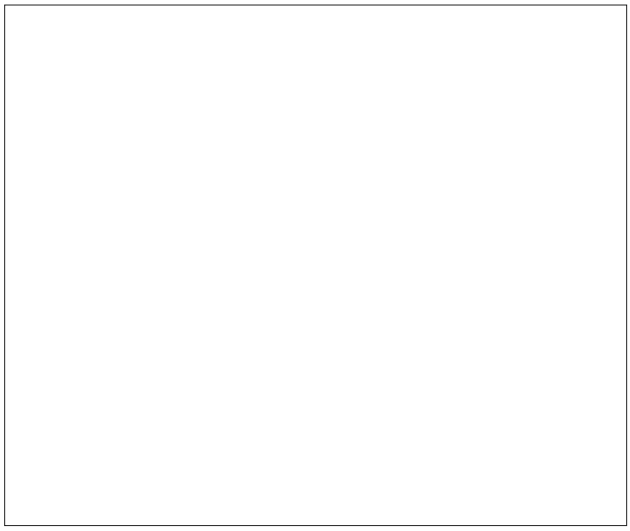
Skotidakis

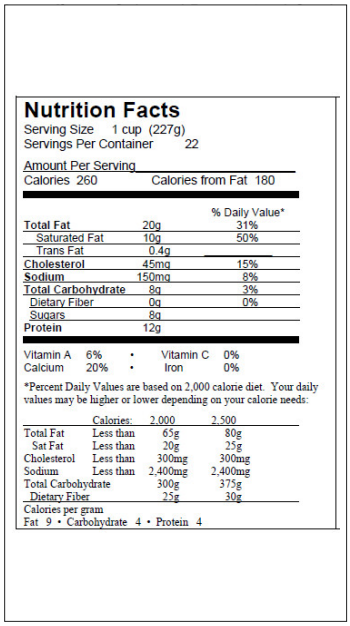
Kontos 9% Milk Fat Greek Yogurt

104130 | 1X11 LB PIECE

Our authentic Greek yogurt utilizies traditional methods and is crafted from cows' and goats' milk. Our superior product has no seepage and yields a rich, velvety, and smooth texture while delivering a consistently premium taste.

Manufacturer:	KONTOS FOODS INC
Manufacturer Item #:	31030
Shipping Condition:	Refrigerated
Country of Origin:	Canada
Shelf Life:	30
Contains Milk:	No
Contains Eggs:	No
Contains Wheat:	No
Contains Fish:	No
Contains Shellfish:	No
Contains Soy:	No
Contains Peanut:	No
Contains Tree Nut:	No





Nutrition Facts

Serving Size 1 cup (227g)
Servings Per Container 22

Amount Per Serving
Calories 260 Calories from Fat 180

		% Daily Value*
Total Fat	20g	31%
Saturated Fat	10g	50%
Trans Fat	0.4g	
Cholesterol	45mg	15%
Sodium	150mg	8%
Total Carbohydrate	8g	3%
Dietary Fiber	0g	0%
Sugars	8g	
Protein	12g	

Vitamin A 6% • Vitamin C 0%
Calcium 20% • Iron 0%

*Percent Daily Values are based on 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Cultured Pasteurized Grade A Cows and Goats Milk, Skim Milk, Cream, Active Bacterial Cultures (Bifidobacterium Lactis, L. Acidophilus).