



Nutritional Facts

All nutritional information is based on a ½ cup (83g) (4oz) serving. Percent Daily Values are based on a 2,000 calorie diet.

	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Sugar Alcohols (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)	Allergens	
NONFAT FROZEN YOGURT		less than 0.5g of fat per 4oz serving																	
Alpine Vanilla 92115	83	100	0	0	0	0	5	75	22	0	18	0	3	0	0	10	0	M	
Angel Food Cake 92136	83	110	0	0	0	0	0	30	25	0	19	0	1	0	0	4	0	M,E,W ¹	
Apple Pie 92140	83	100	0	0	0	0	0	70	21	0	17	0	3	0	0	10	0	M	
Barista Blend Coffee 80001	83	90	0	0	0	0	0	70	20	0	16	0	3	0	0	10	0	M	
Blueberry Burst 92153	83	100	0	0	0	0	0	70	22	0	17	0	3	0	0	10	0	M	
Cable Car Chocolate 92114	83	110	5	0	0	0	0	75	23	1	17	0	3	0	0	10	2	M	
Cappuccino 92152	83	100	0	0	0	0	5	85	21	0	16	0	4	0	2	15	2	M	
Carrot Cake 92139	83	100	0	0	0	0	0	80	21	0	16	0	3	20	2	10	0	M	
Chocolate Classic 92124	83	110	5	0	0	0	5	80	24	0	20	0	3	0	0	10	2	M	
Cookies n' Cream 92163	83	110	5	0	0	0	0	90	25	0	18	0	3	0	0	10	2	M,E,S,W	
Cotton Candy 80016	83	90	0	0	0	0	0	65	20	0	17	0	3	0	0	10	0	M	
Country Vanilla 92123	83	100	0	0	0	0	5	70	20	0	17	0	3	0	0	10	0	M	
Eggnog 92118	83	110	5	0	0	0	5	75	23	0	18	0	2	0	0	10	0	M,E	
Fancy French Vanilla 92154	83	100	5	0	0	0	15	80	21	0	17	0	4	0	2	15	0	M,E	
French Toast 80017	83	100	5	0	0	0	10	85	21	0	17	0	4	0	0	15	0	M,E	
Georgia Peach 92125	83	100	0	0	0	0	0	65	23	0	18	0	2	0	8	8	0	M	
Gingerbread 92160	83	100	0	0	0	0	0	80	22	0	18	0	3	0	0	10	0	M	
Hawaiian Pineapple 92134	83	100	0	0	0	0	0	65	22	0	18	0	3	0	4	10	0	M	
Huckleberry 92143	83	100	0	0	0	0	0	70	22	0	17	0	3	0	0	10	0	M	
Irish Mint 92145	83	100	5	0	0	0	10	70	22	0	18	0	3	0	0	10	0	M,E	
Island Banana 92132	83	100	0	0	0	0	5	80	21	0	17	0	3	0	2	10	0	M	
Luscious Lemon 92155	83	100	0	0	0	0	5	85	22	0	18	0	3	0	2	10	0	M	
Maple Bacon Donut 92142	83	100	0	0	0	0	0	105	21	0	17	0	3	0	0	10	0	M,W	
Mountain Blackberry 92130	83	110	0	0	0	0	0	65	23	0	19	0	3	0	2	10	0	M	
New York Cheesecake 92147	83	110	5	0	0	0	10	80	22	0	18	0	3	0	2	10	0	M,E	
Orchard Cherry 92141	83	110	0	0	0	0	0	65	24	0	20	0	3	0	2	10	0	M	
Outrageous Orange 92133	83	100	0	0	0	0	5	80	22	0	18	0	3	0	2	10	0	M	
Pecan Praline 92146	83	110	0	0	0	0	5	85	23	0	18	0	3	0	2	10	0	M,TN ⁴	
Peppermint Stick 92111	83	100	0	0	0	0	5	70	20	0	17	0	3	0	0	10	0	M	
Pistachio 92120	83	100	0	0	0	0	5	75	22	0	18	0	3	0	0	10	0	M	
Plain 92157	83	90	0	0	0	0	5	80	19	0	16	0	3	0	0	10	0	M	
Pumpkin 92119	83	110	0	0	0	0	5	80	23	0	18	0	3	2	2	10	0	M	
Roother Float 92116	83	100	0	0	0	0	5	80	22	0	18	0	3	0	0	10	0	M	
Snickerdoodle 92159	83	100	0	0	0	0	5	70	20	0	17	0	3	0	0	10	0	M	
Thin Mint Cookies 92137	83	110	5	0	0	0	5	90	24	0	18	0	2	0	0	10	2	M,E,S,W	
Toasted Marshmallow 80007	83	100	0	0	0	0	0	60	22	0	19	0	3	0	0	10	0	M,E	
Very Raspberry 92129	83	100	0	0	0	0	0	70	23	0	17	0	2	0	0	10	0	M	
Very Strawberry 92131	83	100	0	0	0	0	0	65	21	0	17	0	3	0	2	10	0	M	
White Chocolate Mousse 80009	83	100	5	0	0	0	10	70	22	0	17	0	3	0	0	10	0	M,E	
ORIGINAL TART™ FROZEN YOGURT		less than 0.5g of fat per 4oz serving																	
Original Tart™ Blueberry Açai 92170	83	110	0	0	0	0	0	55	23	0	18	0	3	0	2	10	0	M	
Original Tart™ 92162	83	90	0	0	0	0	0	65	20	0	15	0	3	0	2	10	0	M	
Original Tart™ Pomegranate Raspberry 92173	83	100	0	0	0	0	0	60	22	0	17	0	3	0	2	10	0	M	
Original Tart™ Tropical Tart 80010	83	100	0	0	0	0	0	60	21	0	16	0	3	0	4	10	0	M	
Original Tart™ Wild Berry 92167	83	100	0	0	0	0	0	50	21	0	16	0	3	0	6	10	0	M	
EUROTART™ NONFAT FROZEN YOGURT		less than 0.5g of fat per 4oz serving																	
EuroTart™ 92166	83	90	0	0	0	0	0	25	19	0	13	0	2	0	0	6	0	M	
NONFAT GREEK FROZEN YOGURT		less than 0.5g of fat per 4oz serving																	
Greek Black Cherry 92188	83	100	0	0	0	0	0	75	19	0	14	0	7	0	2	15	0	M	
Greek Honey 92176	83	90	0	0	0	0	0	75	16	0	11	0	7	0	0	15	0	M	
Greek Lemon 92187	83	90	0	0	0	0	0	80	16	0	11	0	7	0	2	15	0	M	
Greek Plain 92186	83	90	0	0	0	0	0	75	16	0	11	0	7	0	0	15	0	M	
LOWFAT FROZEN YOGURT		3g of fat or less per 4oz serving																	
Birthday Cake 80014	83	100	5	0.5	0	0	10	75	20	0	16	0	4	0	0	15	0	M,E	
Cake Batter 92088	83	120	20	2	1	0	30	75	21	0	17	0	3	0	0	10	0	M,E,W ¹	
Chocolate Caramel Turtle 80015	83	120	15	2	1	0	10	105	25	0	19	0	3	0	0	10	0	M	
Chocolate Chip Cookie 80003	83	120	15	2	1	0	5	75	23	0	17	0	3	0	0	10	0	M,E,S,W	
Cinnamon Roll 80002	83	120	20	2	1	0	25	85	22	0	17	0	3	0	0	10	0	M,E	
Dulce de Leche (Caramel) 92081	83	120	20	2	1	0	25	70	22	0	18	0	3	0	0	10	0	M,E	
Dutch Chocolate 92064	83	120	25	2.5	1.5	0	10	75	20	1	15	0	3	2	0	10	6	M	
French Vanilla 92063	83	110	25	3	1.5	0	25	80	19	0	14	0	3	0	0	10	0	M,E	
Fudge Brownie Batter 80011	83	120	5	0.5	0	0	10	70	24	0	19	0	3	0	0	8	4	M,E	
Milk Chocolate 92065	83	130	15	2	1	0	10	85	25	0	18	0	3	0	0	10	2	M	
Red Velvet Cake 92089	83	120	20	2	1	0	10	75	22	0	17	0	3	0	0	10	0	M,E,W ¹	
Salted Caramel Corn 80013	83	120	20	2	1.5	0	20	85	18	0	18	0	3	0	0	10	0	M,E	
Sweet Coconut 92074	83	110	10	1	1	0	0	65	22	0	18	0	3	0	0	10	0	M,S,TN	
Toffee 92411	83	110	10	1	0.5	0	5	100	23	0	17	0	2	0	0	10	0	M,S,TN ³	
White Vanilla 92087	83	110	25	3	1.5	0	25	75	18	0	14	0	3	0	0	10	0	M,E	
PREMIUM FROZEN YOGURT		greater than 3g of fat per 4oz serving																	
Peanut Butter 92072	83	140	45	5	2	0	10	110	19	1	15	0	4	2	0	10	0	M,P	
NONFAT NO-SUGAR-ADDED FROZEN YOGURT		less than 0.5g of fat per 4oz serving																	
Blueberry 92393	83	70	0	0	0	0	5	80	18	3	6	3	3	0	2	15	0	M	
Cheesecake 92403	83	80	0	0	0	0	5	80	19	3	6	3	3	0	2	15	0	M	
Chocolate 92390	83	90	5	0	0	0	5	95	20	3	6	2	4	0	2	15	2	M	
Coffee 92398	83	80	0	0	0	0	5	85	19	3	6	2	4	0	2	15	0	M	
Mint 92404	83	80	0	0	0	0	5	85	19	3	6	2	4	0	2	15	0	M,E ²	
Praline 92399	83	80	0	0	0	0	5	85	19	3	6	2	3	0	2	15	0	M	
Raspberry 92394	83	70	0	0	0	0	0	75	17	3	6	3	3	0	2	15	0	M	
Strawberry 92392	83	70	0	0	0	0	0	75	18	3	6	3	3	0	2	10	0	M	
Strawberry Banana 92396	83	80	0	0	0	0	5	80	18	3	6	3	4	0	2	15	0	M	
Vanilla 92391	83	80	0	0	0	0	5	85	19	3	6	2	4	0	2				