

Nutritional Facts

All nutritional information is based on a ½ cup (83g) 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)	Vitamin D (%DV)	Allergens
NONFAT FROZEN YOGURT																			
Alpine Vanilla 92115	83	100	5	0	0	0	5	75	22	0	18	0	2	0	0	10	0	0	M
Apple Pie 92140	83	100	0	0	0	0	0	70	22	0	18	0	2	0	0	10	0	0	M
Cable Car Chocolate 92114	83	100	5	0	0	0	0	70	22	0	17	0	3	0	0	10	6	0	M
Cappuccino 92152	83	100	5	0	0	0	5	70	22	0	17	0	3	0	0	10	0	0	M
Chocolate Classic 92124	83	110	5	0	0	0	5	75	24	0	20	0	3	0	0	10	6	0	M
Cookies n' Cream 92163	83	110	5	0	0	0	5	75	24	0	18	0	3	0	0	10	0	0	M,E,S,W*
Cotton Candy 80016	83	100	0	0	0	0	5	70	22	0	18	0	3	0	0	10	0	0	M
Country Vanilla 92123	83	100	5	0	0	0	5	75	22	0	18	0	2	0	0	10	0	0	M
Creamy Mint Cookies 92137	83	110	5	0	0	0	5	80	24	0	17	0	3	0	0	10	0	0	M,E,S,W*
Eggnog 92118	83	100	5	0	0	0	5	70	23	0	19	0	3	0	0	10	0	0	M,E
Fancy French Vanilla 92154	83	100	5	0	0	0	10	70	21	0	16	0	3	0	0	10	0	0	M,E
Georgia Peach 92125	83	100	5	0	0	0	5	70	23	0	19	0	2	0	10	10	0	0	M
Graham Cracker 80019	83	100	5	0	0	0	5	70	22	0	18	0	3	0	0	10	0	0	M
Hawaiian Pineapple 92134	83	100	5	0	0	0	0	70	22	0	17	0	2	0	0	10	0	0	M
Irish Mint 92145	83	100	5	0	0	0	5	70	23	0	18	0	3	0	0	10	0	0	M,E
Island Banana 92132	83	100	5	0	0	0	0	65	22	0	18	0	2	0	0	8	0	0	M
Mountain Blackberry 92130	83	100	0	0	0	0	0	70	22	0	18	0	3	0	0	10	0	0	M
New York Cheesecake 92147	83	100	5	0	0	0	10	70	21	0	17	0	3	0	0	10	0	0	M,E
Orchard Cherry 92141	83	100	0	0	0	0	0	70	22	0	18	0	2	0	0	10	0	0	M
Pecan Praline 92146	83	90	0	0	0	0	0	70	23	0	19	0	2	0	0	10	0	0	M
Peppermint Stick 92111	83	100	5	0	0	0	5	75	22	0	18	0	2	0	0	10	0	0	M
Pistachio 92120	83	100	5	0	0	0	5	75	22	0	18	0	2	0	0	10	0	0	M
Plain 92157	83	100	5	0	0	0	5	70	22	0	18	0	3	0	0	10	0	0	M
Pumpkin 92119	83	100	0	0	0	0	0	70	23	0	18	0	2	0	0	8	0	0	M
Rootheer Float 92116	83	100	5	0	0	0	5	75	22	0	18	0	2	0	0	10	0	0	M
Toasted Marshmallow 80007	83	100	0	0	0	0	0	55	22	0	18	0	3	0	0	10	0	0	M,E
Very Raspberry 92129	83	100	0	0	0	0	0	70	22	0	18	0	3	0	0	10	0	0	M
Very Strawberry 92131	83	100	5	0	0	0	0	70	22	0	18	0	2	0	0	10	0	0	M
White Chocolate Mousse 80009	83	100	5	0	0	0	5	70	23	0	18	0	2	0	0	10	0	0	M,E*

ORIGINAL TART™ FROZEN YOGURT

Original Tart™ 92162	83	90	0	0	0	0	0	65	20	0	15	0	3	0	0	10	0	0	M
Original Tart™ Pomegranate Raspberry 92172	83	110	0	0	0	0	0	60	23	0	18	0	3	0	0	10	0	0	M

EUROTART™ NONFAT FROZEN YOGURT

EuroTart™ 92166	83	90	0	0	0	0	0	25	19	0	13	0	2	0	0	6	0	0	M
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LOWFAT FROZEN YOGURT

Cake Batter 92088	83	110	15	1.5	1	0	15	55	21	0	16	0	3	0	0	10	0	0	M,E
Chocolate Caramel Turtle 80015	83	120	15	1.5	1	0	5	100	25	0	19	0	2	0	0	8	0	0	M
Dulce De Leche (Caramel) 92081	83	110	10	1.5	1	0	20	65	22	0	18	0	2	0	0	8	0	0	M,E
Dutch Chocolate 92064	83	120	25	2.5	1.5	0	10	70	20	1	15	0	4	2	0	10	6	0	M
French Vanilla 92063	83	110	25	2.5	1.5	0	25	70	19	0	15	0	4	0	0	10	0	0	M,E
Fudge Brownie Batter 80011	83	110	5	0.5	0	0	5	70	24	0	19	0	3	0	0	10	4	0	M,E
Milk Chocolate 92065	83	120	15	1.5	1	0	5	70	23	0	18	0	2	0	0	10	0	0	M
Red Velvet Cake 92089	83	110	15	1.5	1	0	10	55	22	0	17	0	2	0	0	8	0	0	M,E
Salted Caramel Corn 80013	83	110	10	1	0.5	0	15	85	22	0	19	0	2	0	0	8	0	0	M,E
Strawberry Shortcake 80021	83	100	10	1.5	1	0	15	55	20	0	16	0	3	0	0	10	0	0	M,E
Sweet Coconut 92074	83	110	5	0.5	0.5	0	0	70	22	0	18	0	2	0	0	10	0	0	M,C
White Vanilla 92087	83	110	25	3	1.5	0	25	70	19	0	15	0	4	0	0	10	0	0	M,E

PREMIUM FROZEN YOGURT

Peanut Butter 92072	83	120	35	4	1.5	0	5	90	19	1	14	0	4	0	0	10	0	0	M,P
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DECADENT FROZEN YOGURT

Belgian Waffle 80025	83	130	40	4.5	3	0	15	40	19	0	15	0	2	4	0	8	0	0	M, E
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NONFAT NO-SUGAR ADDED** FROZEN YOGURT

Blueberry 92393	83	80	0	0	0	0	0	80	17	0	6	4	3	0	0	10	0	0	M
Cheesecake 92403	83	80	0	0	0	0	5	80	18	0	6	4	3	0	0	15	0	0	M
Chocolate 92390	83	90	5	0	0	0	5	100	20	0	7	5	4	0	0	15	4	0	M
Coffee 92398	83	80	0	0	0	0	5	85	18	0	6	4	3	0	0	10	0	0	M
Irish Cream 80035	83	80	5	0	0	0	5	85	19	0	6	4	3	0	0	15	0	0	M
Praline 92399	83	90	5	0	0	0	5	85	18	0	6	5	3	0	0	15	0	0	M
Raspberry 92394	83	80	0	0	0	0	0	80	17	0	6	4	3	0	0	10	0	0	M
Strawberry 92392	83	80	0	0	0	0	0	80	17	0	6	4	3	0	0	10	0	0	M
Strawberry Banana 92396	83	80	0	0	0	0	0	80	18	0	6	4	3	0	0	10	0	0	M
Vanilla 92391	83	80	5	0	0	0	5	85	18	0	6	5	3	0	0	15	0	0	M
Yellow Cake Batter 80022	83	80	0	0	0	0	5	80	18	0	6	4	3	0	0	10	0	0	M,E*

**Not a low-calorie food.

GELATO SOFT SERVE no live and active cultures

Banana Flambé 80034	83	140	50	6	3.5	0	20	55	20	0	16	0	2	4	0	8	0	0	M
Chocolate 80032	83	140	50	6	4	0	20	60	21	0	15	0	2	4	0	8	6	0	M
Creamy Limoncello 80033	83	140	50	6	3.5	0	20	55	20	0	15	0	2	4	0	8	0	0	M
Hazelnut 80030	83	140	50	6	3.5	0	20	55	20	0	15	0	2	4	0	8	0	0	M
Pistachio 80031	83	140	50	6	3.5	0	20	55	20	0	15	0	2	4	0	8	0	0	M

NON-DAIRY SORBET no live and active cultures

Caramelized Pineapple 80036	83	90	0	0	0	0	0	23	0	14	0	0	0	0	0	0	0	0	—
Chocolate Fudge Sorbet 80018	83	100	5	0.5	0	0	0	25	25	1	14	0	1	0	0	0	8	0	—
Green Apple 80008	83	90	0	0	0	0	0	22	0	16	0	0	0	0	0	0	0	0	—
Key Lime 92377	83	90	0	0	0	0	0	23	0	16	0	0	0	0	0	4	0	0	—
Kiwi Strawberry 92374	83	90	0	0	0	0	0	22	0	16	0	0	0	0	2	0	0	0	—
Mango Sunrise 92371	83	80	0	0	0	0	0	21	0	15	0	0	0	0	0	0	0	0	—
Orange Splash 80028	83	80	0	0	0	0	0	21	0	15	0	0	0	0	6	0	0	0	—
Pink Lemonade 80000	83	80	0	0	0	0	0	21	0	14	0	0	0	0	4	0	0	0	—
POG (Passion Orange Guava) 80005	83	80	0	0	0	0	0	22	0	16	0	0	0	2	0	0	0	0	—
Pomegranate Raspberry 92430	83	100	0	0	0	0	0	22	0	17	0	0	0	0	0	0	0	0	—
Strawberry Lemonade 92378	83	90	0	0	0	0	0	21	0	15	0	0	0	0	6	0	0	0	—
Very Berry 92368	83	90	0	0	0	0	0	22	0	16	0	0	0	0	4	0	0	0	—
Watermelon 92379	83	90	0	0	0	0	0	21	0	16	0	0	0	0	0	0	0	0	—

FROZEN CUSTARD no live and active cultures

Vanilla Custard 91010	83	170	80	9	6	0	60	55	18	0	14	0	4	8	0	10	0	0	M,E
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FROZEN TREATS FOR EVERY TASTE

Each flavor is carefully crafted with quality ingredients—such as Grade A milk, fruit and millions of beneficial Live & Active Cultures.

HOW'S YOGURT MADE?

Grade A dairy is combined with special yogurt cultures in a process that creates an ideal environment for Live & Active Cultures to grow.

Fruit, flavors and other yummy ingredients are added to bring the yogurts, gelatos and sorbets to life.

WHAT'S SO GREAT ABOUT LIVE & ACTIVE CULTURES?



Active yogurt cultures are living organisms that help turn milk into yogurt.