

# CUPS FROZEN YOGURT

# NUTRITIONAL INFO

Nutritional Facts		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	Allergens	
All nutritional information is based on a 1/2 cup (83g) (4oz) serving. Percent Daily Values are based on a 2,000 calorie diet.																					

NONFAT FROZEN YOGURT		less than 0.5g of fat per serving																			
Alpine Vanilla 92115	83	100	5	0	0	0	0	5	75	22	0	18	0	2	0	0	10	0	0	M	
Angel Food Cake 92136	83	110	0	0	0	0	0	0	30	25	0	19	0	1	0	0	4	0	0	M,E	
Apple Pie 92140	83	100	0	0	0	0	0	0	70	21	0	17	0	3	0	0	10	0	0	M	
Barista Blend Coffee 80001	83	90	0	0	0	0	0	0	70	20	0	16	0	3	0	0	10	0	0	M	
Cable Car Chocolate 92114	83	100	5	0	0	0	0	0	70	22	0	17	0	3	0	0	10	6	0	M	
Cappuccino 92152	83	100	0	0	0	0	0	5	85	21	0	16	0	3	0	0	15	0	0	M	
Chocolate Classic 92124	83	110	5	0	0	0	0	5	75	24	0	20	0	3	0	0	10	6	0	M	
Cookies n' Cream 92163	83	110	5	0.5	0	0	0	5	85	25	0	18	0	3	0	0	10	0	0	M,E,S,W*	
Cotton Candy 80016	83	90	0	0	0	0	0	0	65	20	0	17	0	3	0	0	10	0	0	M	
Country Vanilla 92123	83	100	5	0	0	0	0	5	75	22	0	18	0	2	0	0	10	0	0	M	
Creamy Mint Cookie 92137	83	110	5	0.5	0	0	0	5	85	24	0	17	0	3	0	0	10	0	0	M,E,S,W*	
Eggnog 92118	83	110	0	0	0	0	0	5	70	23	0	19	0	3	0	0	10	0	0	M,E	
Fancy French Vanilla 92154	83	100	0	0	0	0	0	0	75	22	0	17	0	3	20	0	10	0	0	M,E	
French Toast 80017	83	100	5	0	0	0	0	10	85	21	0	17	0	4	0	0	15	0	0	M,E	
Georgia Peach 92125	83	100	5	0	0	0	0	5	70	23	0	19	0	2	0	0	10	0	0	M	
Graham Cracker 80019	83	100	5	0	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	0	70	22	0	17	0	2	0	0	10	0	0	M	
Irish Mint 92145	83	100	5	0	0	0	0	5	70	23	0	18	0	3	0	0	10	0	0	M,E	
Island Banana 92132	83	100	0	0	0	0	0	5	75	21	0	17	0	3	0	0	10	0	0	M	
Luscious Lemon 92155	83	100	0	0	0	0	0	5	70	23	0	19	0	3	0	0	10	0	0	M	
Maple Bacon Donut 92142	83	100	0	0	0	0	0	0	105	21	0	17	0	3	0	0	10	0	0	M,W	
Mountain Blackberry 92130	83	100	0	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	0	10	75	21	0	17	0	4	0	0	15	0	0	M,E	
Orchard Cherry 92141	83	100	0	0	0	0	0	0	70	22	0	18	0	2	0	0	10	0	0	M	
Outrageous Orange 92133	83	100	0	0	0	0	0	5	70	22	0	18	0	3	0	0	10	0	0	M	
Pecan Praline 92146	83	90	0	0	0	0	0	0	70	23	0	19	0	2	0	0	10	0	0	M,WN*	
Peppermint Stick 92111	83	100	5	0	0	0	0	5	75	22	0	18	0	2	0	0	0	0	0	M	
Pistachio 92120	83	100	5	0	0	0	0	5	75	22	0	18	0	2	0	0	10	0	0	M	
Plain 92157	83	100	5	0	0	0	0	5	70	22	0	18	0	3	0	0	10	0	0	M	
Pumpkin 92119	83	110	0	0	0	0	0	5	80	23	0	18	0	3	2	2	10	0	0	M	
Rootbeer Float 92116	83	100	5	0	0	0	0	5	75	22	0	18	0	2	0	0	10	0	0	M	
Snickerdoodle 92159	83	100	0	0	0	0	0	5	70	20	0	17	0	3	0	0	10	0	0	M	
Toasted Marshmallow 80007	83	100	0	0	0	0	0	0	60	22	0	19	0	3	0	0	10	0	0	M,E	
Very Raspberry 92129	83	100	0	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	0	70	22	0	18	0	2	0	2	10	0	0	M	
White Chocolate Mousse 80009	83	100	5	0	0	0	0	10	65	21	0	18	0	3	0	0	10	0	0	M,E	

NONFAT FUNTOWN!™ FROZEN YOGURT		less than 0.5g of fat per serving																			
Cereal Magic 80026	83	100	5	0	0	0	0	5	70	22	0	18	0	3	0	0	10	0	15	M	
Party Punch 80027	83	100	5	0	0	0	0	5	75	22	0	18	0	3	0	0	10	0	15	M	

ORIGINAL TART™ FROZEN YOGURT		less than 0.5g of fat per serving																			
Original Tart™ 92162	83	90	0	0	0	0	0	0	65	20	0	15	0	3	0	0	10	0	0	M	
Original Tart™ Pomegranate Raspberry 92172	83	100	0	0	0	0	0	0	60	22	0	17	0	3	0	0	10	0	0	M	
Original Tart™ Wild Berry 92167	83	100	0	0	0	0	0	0	50	21	0	16	0	3	0	6	10	0	0	M	

EUROTART™ NONFAT FROZEN YOGURT		less than 0.5g of fat per serving																			
EuroTart™ 92166	83	90	0	0	0	0	0	0	25	19	0	13	0	2	0	0	6	0	0	M	

NONFAT GREEK FROZEN YOGURT		less than 0.5g of fat per serving																			
Greek Black Cherry 92188	83	100	0	0	0	0	0	0	75	19	0	14	0	7	0	2	15	0	0	M	
Greek Lemon 92187	83	90	0	0	0	0	0	0	80	16	0	11	0	7	0	0	15	0	0	M	

LOWFAT FROZEN YOGURT		3g of fat or less per serving																			
Birthday Cake 80014	83	100	5	0.5	0	0	0	10	75	20	0	16	0	4	0	0	15	0	0	M,E	
Cake Batter 92088	83	120	20	2	1	0	0	25	70	21	0	17	0	3	0	0	10	0	0	M,E	
Chocolate Caramel Turtle 80015	83	130	15	2	1	0	0	10	105	25	0	19	0	3	0	0	10	0	0	M	
Chocolate Chip Cookie 80003	83	120	15	2	1	0	0	5	80	24	0	19	0	3	0	0	10	0	0	M,E,S,W	
Cinnamon Roll 80002	83	120	20	2	1.5	0	0	20	80	22	0	17	0	3	0	0	10	0	0	M,E	
Dulce de Leche (Caramel) 92081	83	120	20	2	1.5	0	0	20	70	23	0	18	0	3	2	0	10	0	0	M,E	
Dutch Chocolate 92064	83	120	25	2.5	1.5	0	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	0	25	70	19	0	15	0	4	0	0	10	0	0	M,E	
Fudge Brownie Batter 80011	83	120	5	0.5	0	0	0	10	65	24	0	19	0	3	0	0	8	4	0	M,E	
Milk Chocolate 92065	83	130	15	2	1	0	0	10	80	25	0	18	0	3	0	0	10	2	0	M	
Red Velvet Cake 92089	83	120	20	2	1.5	0	0	15	70	23	0	17	0	3	0	0	10	0	0	M,E	
Salted Caramel Corn 80013	83	120	20	2	1	0	0	20	85	23	0	19	0	3	0	0	10	0	0	M,E	
Strawberry Shortcake 80021	83	110	15	2	1	0	0	20	70	21	0	17	0	3	0	0	10	0	0	M,E	
Sweet Coconut 92074	83	110	5	0.5	0.5	0	0	0	70	22	0	18	0	2	0	0	10	0	0	M,S,C*	
Toffee 92411	83	110	5	0.5	0	0	0	5	80	22	0	18	0	3	0	0	10	0	0	M,A,WN*	
White Vanilla 92087	83	110	25	3	1.5	0	0	25	70	19	0	15	0	4	0	0	10	0	0	M,E	

PREMIUM FROZEN YOGURT		greater than 3g of fat per serving																			
Peanut Butter 92072	83	120	35	4	1.5	0	5	90	19	1	14	0	4	2	0	10	0	0	0	M,P	

DECADENT FROZEN YOGURT		greater than 4g of fat per serving																			
Belgian Waffle 80025	83	130	40	4.5	3	0	15	40	19	0	15	0	2	4	0	8	0	0	0	M,E	

NONFAT NO-SUGAR-ADDED** FROZEN YOGURT		less than 0.5g of fat per serving																			
Blueberry 92393	83	80	0	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	0	5	80	18	0	6	4	0	0	0	15	0	0	M	
Chocolate 92390	83	90	5	0	0	0	0	5	95	20	0	7	5	4	0	0	15	4	0	M	
Coffee 92398	83	80	0	0	0	0	0	5	85	19	0	6	0	3	0	0	10	0	0	M	
Mint 92404	83	80	5	0	0	0	0	5	80	18	0	6	4	3	0	0	15	0	0	M	
Praline 92399	83	80	5	0	0	0	0	5	85	19	0	6	5	3	0	0	15	0	0	M	
Raspberry 92394	83	80	0	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	0	80	17	0	6	4	3	0	0	10	0	0	M	
Strawberry-Banana 92396	83	80	0	0	0	0	0	5	80	18	3	6	3	3	0	0	15	0	0	M	
Vanilla 92391	83	80	5	0	0	0	0	5	80	19	0	6	5	3	0	0	15	0	0	M	
Yellow Cake Batter 80022	83	80	0	0	0	0	0	5	75	19	3	6	2	4	0	0	15	0	0	M,E*	

LOWFAT & NONFAT NON-DAIRY SORBET		0.5g of fat or less per serving - No probiotic cultures																			
LF Chocolate Fudge 80018	83	100	5	0.5	0	0	0	0	30	25	4	14	0	1	0	0	0	8	0	—	
NF Green Apple 80008	83	90	0	0	0	0	0														