

 The Country's Best Yogurt® Nutritional Information 1/2/ Cup	Gram Weight (g)	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	% DV Fat	Saturated Fat (g)	% DV Saturated Fat	Trans Fat (g)	Cholesterol (mg)	% DV Cholesterol	Sodium (mg)	% DV Sodium	Carbohydrates (g)	% DV Carbohydrates	Dietary Fiber (g)	% DV Dietary Fiber	Total Sugars (g)	Protein (g)	% DV Vitamin A	% DV Calcium	% DV Vitamin C	% DV Iron
	Hand Scooped Frozen Yogurt																					
Information On Daily Values Is Rounded According to FDA Guidelines																						
Blueberries & Cream	71	130	25	2.5	4%	1.5	8%	0	10	3%	60	3%	20	7%	0	0%	15	3	2%	10%	2%	0%
Butter Pecan	71	150	70	7	11%	2.5	12%	0	10	4%	75	3%	17	6%	1	2%	14	3	2%	10%	2%	0%
Chocolate Chocolate	71	120	30	3	5%	2	11%	0	10	3%	60	2%	19	6%	1	3%	15	4	2%	15%	2%	4%
Chunky Chocolate Cookie Dough	71	150	50	6	8%	3	15%	0	10	4%	70	3%	23	8%	0	1%	17	3	4%	10%	2%	2%
Peaches & Cream	71	110	25	2.5	4%	2	10%	0	10	3%	45	2%	18	6%	0	0%	16	3	2%	10%	2%	6%
Peanut Butter Delight	71	170	70	8	12%	3	15%	0	10	3%	100	4%	21	7%	1	4%	16	5	2%	10%	2%	6%
Praline & Cream	71	140	40	4.5	7%	2	11%	0	10	4%	90	4%	22	7%	0	1%	18	3	2%	10%	2%	0%
Psychedelic Sorbet	71	80	0	0	0%	0	0%	0	0	0%	10	1%	21	7%	0	0%	15	0	0%	0%	2%	0%
Rainbow Cream	71	110	30	3	5%	2	11%	0	10	4%	55	2%	18	6%	0	0%	15	3	2%	10%	2%	0%
Rocky Road	71	170	70	7	11%	3.5	18%	0	15	5%	65	3%	22	7%	1	4%	16	4	2%	10%	2%	4%
Strawberries and Cream	71	110	25	2.5	4%	1.5	8%	0	10	3%	45	2%	19	6%	0	0%	16	3	2%	10%	10%	0%
Vanilla Bean	71	110	30	3	5%	2	11%	0	10	4%	55	2%	18	6%	0	0%	15	3	2%	10%	2%	0%
Vanilla Chocolate Chip	71	140	45	5	8%	4	19%	0	10	4%	55	2%	20	7%	0	2%	17	3	2%	10%	2%	2%
White Chocolate Mousse	71	140	40	4.5	7%	3.5	16%	0	10	4%	50	2%	21	7%	0	1%	17	3	2%	10%	2%	0%
Chunky Chocolate Mint	71	140	45	5	8%	4	19%	0	10	4%	55	2%	20	7%	0	2%	17	3	2%	10%	2%	2%
NSA Chocolate Chocolate Swirl	71	80	5	0	0%	0	0%	0	0	0%	65	3%	20	7%	5	21%	5	4	0%	15%	2%	6%
NSA Vanilla Fudge Brownie	71	100	15	2	3%	1.5	6%	0	5	2%	75	3%	21	7%	5	19%	5	4	0%	10%	2%	2%

Cup Size	Servings
Kid's	1.0 servings
Small	1.6 Servings
Regular	3.2 Serving
Large	4.7 Servings
Extra Large	6.3 Servings

Serving sizes based on standard store procedures. Variations may occur at individual stores. Product manufactured on equipment that processes tree nuts and peanuts.