



Nutritional Information

Soft Serve Frozen Yogurt

	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	% DV Vitamin D
Information On Daily Values Is Rounded According to FDA Guidelines																							
Golden Vanilla 1/2 Cup Serving	95	120	15	2	3%	1.5	8%	0	8	2%	65	3%	23	8%	3	12%	15	4	6%	20%	2%	0%	20%
Chocolate 1/2 Cup Serving	95	110	15	2	3%	1	5%	0	5	2%	95	4%	23	8%	3	12%	17	4	10%	20%	2%	4%	25%
Old Fashioned Vanilla (Fat Free) 1/2 Cup Serving	95	110	5	0	0%	0	0%	0	0	0%	65	3%	23	8%	3	12%	15	4	8%	20%	2%	0%	20%
White Chocolate Mousse 1/2 Cup Serving	95	120	15	2	2%	1.5	8%	0	5	2%	65	3%	23	8%	3	12%	15	4	6%	20%	2%	0%	20%
Strawberry 1/2 Cup Serving	95	110	15	2	3%	1.5	8%	0	5	2%	90	4%	23	8%	3	12%	16	4	8%	20%	2%	0%	20%
Cake Batter 1/2 Cup Serving	95	110	15	2	3%	1.5	8%	0	5	2%	90	4%	23	8%	3	12%	16	4	8%	20%	2%	0%	20%
Fat Free Dutch Chocolate 1/2 Cup Serving	95	110	5	0	0%	0	0%	0	0	0%	100	4%	24	8%	3	12%	18	4	15%	20%	2%	2%	30%
NSA Fat Free Chocolate 1/2 Cup Serving	95	80	5	0	0%	0	0%	0	0	0%	90	4%	23	8%	4	16%	6	4	8%	20%	2%	2%	20%
NSA Fat Free Vanilla 1/2 Cup Serving	95	90	5	0	0%	0	0%	0	5	2%	90	4%	25	8%	5	20%	8	4	8%	20%	2%	0%	20%
NSA White Chocolate Macadamia 1/2 Cup Serving	95	90	5	0	0%	0	0%	0	5	2%	85	4%	24	8%	4	16%	7	4	8%	20%	2%	0%	20%
NSA Fat Free Peach 1/2 Cup Serving	95	90	5	0	0%	0	0%	0	0	0%	90	4%	24	8%	4	16%	7	4	8%	20%	2%	0%	20%
NSA Fat Free Mountain Blackberry 1/2 Cup Serving	95	90	5	0	0%	0	0%	0	0	0%	90	4%	24	8%	4	16%	7	4	8%	20%	2%	0%	20%
NSA Fat Free Strawberry 1/2 Cup Serving	95	90	5	0	0%	0	0%	0	0	0%	90	4%	24	8%	4	16%	7	4	8%	20%	2%	0%	20%
Raspberry Sorbet 1/2 Cup Serving	95	100	0	0	0%	0	0%	0	0	0%	10	0%	25	8%	0	0%	16	0	0%	0%	0%	0%	0%
Orange Sorbet 1/2 Cup Serving	95	100	0	0	0%	0	0%	0	0	0%	30	1%	24	8%	0	0%	16	0	0%	0%	0%	0%	0%
Mango Sorbet 1/2 Cup Serving	95	110	0	0	0%	0	0%	0	0	0%	15	1%	26	9%	0	1%	19	0	4%	0%	2%	0%	0%
Strawberry Kiwi Sorbet 1/2 Cup Serving	95	100	0	0	0%	0	0%	0	0	0%	20	1%	24	8%	0	0%	16	0	0%	0%	0%	0%	0%
Classic Tart 1/2 Cup Serving	95	90	5	0	0%	0	0%	0	0	0%	21	3%	21	7%	2	8%	15	3	10%	15%	2%	0%	25%
Peanut Butter 1/2 Cup Serving	95	130	15	1.5	2%	0.5	3%	0	0	0%	95	4%	26	9%	3	12%	19	4	8%	20%	2%	0%	20%
Coffee 1/2 Cup Serving	95	120	15	1.5	2%	1	5%	0	5	2%	80	3%	23	8%	3	12%	16	4	10%	20%	2%	0%	25%
Cheesecake 1/2 Cup Serving	95	120	15	2	3%	1	5%	0	5	2%	65	3%	23	8%	3	12%	15	4	8%	20%	2%	0%	25%

Cup Size	Servings
Kid's	0.8 servings
Small	2.0 Servings
Regular	2.6 Serving
Large	3.3 Servings
Extra Large	4.6 Servings