

NUTRITIONAL FACTS



4 WT. OZ.

	Calories (per 4 wt. oz.)	Calories From Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
SERVING SIZE = PER 4 WT. OZ. OR 113 G															
Alphonso Mango Tart	130	0	0	0	0	40	28	0	25	3	0	45	8	0	
Birthday Cupcake Batter	130	0	0	0	0	90	28	0	24	4	0	0	15	0	
Boysenberry Pie	140	5	1	0.5	0	110	30	0	24	4	0	0	45	15	0
Cheesecake	140	0	0	0	0	95	29	0	25	4	0	0	15	0	
Chocolate Covered Strawberry	150	5	0.5	0	0	90	32	1	26	5	0	45	20	2	
Citrus C Sorbet	120	0	0	0	0	15	29	0	29	0	0	180	0	0	
Classic Cookies and Cream	140	5	1	0	0	110	30	0	25	4	0	0	15	0	
Cookie Dough	160	10	1	0.5	0	105	33	0	27	5	0	2	20	0	
Creamy Vanilla Ice Cream	220	100	11	7	0	40	100	28	0	20	3	10	0	10	0
Dulce De Leche	140	5	1	0	0	5	115	30	0	25	4	0	0	15	0
Dutch Chocolate	150	5	0.5	0	0	0	90	33	1	26	6	0	2	20	8
English Toffee	140	10	1	0.5	0	5	105	30	0	25	4	0	0	15	0
Espresso Float NSA	100	0	0	0	0	0	90	24	3	8	5	0	2	20	0
French Vanilla NSA	110	0	0	0	0	0	95	25	3	9	5	0	2	20	0
Fresh Strawberry	130	0	0	0	0	0	80	29	0	26	4	0	45	15	0
Frosted Cookie	140	0	0.5	0	0	0	100	29	0	24	4	0	0	15	0
Frozen Hot Chocolate	140	0.5	0	0	0	0	120	30	1	24	5	2	0	15	4
Hazelnut Café NSA	110	10	1	0	0	0	75	24	3	8	5	0	2	15	0
Honeydew	130	0	0	0	0	0	90	28	0	24	4	0	45	15	0
Madagascar Vanilla Bean	130	0	0	0	0	0	90	28	0	24	4	0	0	15	0
Matcha Green Tea	130	0	0	0	0	0	90	28	0	24	4	0	4	15	0
Pecan Praline NSA	110	0	0	0	0	0	95	25	3	9	5	0	2	20	0
Peanut Butter	150	15	2	0	0	0	105	29	1	24	5	0	0	15	0
Pistachio	140	0	0	0	0	0	100	30	0	26	4	0	0	15	0
Plain Tart	120	0	0	0	0	0	25	26	0	25	3	0	0	6	0
Red Velvet Cupcake Batter	140	0	0	0	0	0	100	30	0	26	4	0	0	15	0
Rich Chocolate Ice Cream	220	100	12	7	0	40	105	27	1	19	3	10	0	10	6
Rocket Pop Sorbet	110	0	0	0	0	0	15	27	0	27	0	0	45	0	0
Salted Caramel Butter Pecan	140	5	1	0	0	0	130	29	0	25	5	0	0	15	0
Salted Chocolate Souffle Plant Based	180	40	4.5	4	0	0	180	34	1	23	1	0	0	0	4
Salted Pomegranate Lime Sorbet	110	0	0	0	0	0	45	27	0	27	0	0	45	0	0
Strawberry Mango Sorbet	110	0	0	0	0	0	10	27	0	27	0	4	45	0	0
Sumatra Coffee	130	0	0	0	0	0	90	28	0	24	4	0	0	15	0
Toasted Coconut	140	5	1	0.5	0	0	90	28	0	24	4	0	0	15	0
Ube	130	0	0	0	0	0	90	29	0	24	4	0	0	15	0

Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,400 milligrams of sodium. Yogurtland's nutritional analysis comprises of calculated data compiled by an independent testing facility commissioned by Yogurtland, based on information from our ingredient suppliers. Yogurtland attempts to provide nutrition information regarding its products as complete as possible. Variations may exist due to periodic changes in formulations. Some products may not be available at all locations. New product introduction, product changes or limited time only items may not be included in this publication. All data is rounded to meet current US FDA NLEA guidelines. NSA = No sugar added

NUTRITIONAL FACTS



1 WT. OZ.

	Calories (per 1 wt. oz.)	Calories From Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
SERVING SIZE = PER 4 WT. OZ. OR 113 G															
Alphonso Mango Tart	30	0	0	0	0	0	10	7	0	6	1	0	10	2	0
Birthday Cupcake Batter	35	0	0	0	0	0	25	7	0	6	1	0	0	4	0
Boysenberry Pie	35	0	0	0	0	0	25	7	0	6	1	0	10	4	0
Cheesecake	35	0	0	0	0	0	25	7	0	6	1	0	0	4	0
Chocolate Covered Strawberry	40	0	0	0	0	0	20	8	0	7	1	0	10	4	0
Citrus C Sorbet	30	0	0	0	0	0	0	7	0	7	0	0	45	0	0
Classic Cookies and Cream	35	0	0	0	0	0	25	7	0	6	1	0	0	4	0
Cookie Dough	40	0	0	0	0	0	25	8	0	7	1	0	0	4	0
Creamy Vanilla Ice Cream	60	25	3	2	0	10	25	7	0	5	1	2	0	2	0
Dulce De Leche	35	0	0	0	0	0	30	7	0	6	1	0	0	4	0
Dutch Chocolate	40	0	0	0	0	0	20	8	0	7	1	0	0	4	0
English Toffee	35	0	0	0	0	0	25	7	0	6	1	0	0	4	0
Espresso Float NSA	25	0	0	0	0	0	25	6	<1	2	1	0	0	4	0
French Vanilla NSA	25	0	0	0	0	0	25	6	<1	2	1	0	0	4	0
Fresh Strawberry	35	0	0	0	0	0	20	7	0	6	1	0	10	4	0
Frosted Cookie	35	0	0	0	0	0	25	7	0	6	1	0	0	4	0
Frozen Hot Chocolate	35	0	0	0	0	0	30	7	0	6	1	0	0	4	0
Hazelnut Café NSA	30	0	0	0	0	0	25	6	1	2	1	0	0	4	0
Honeydew	35	0	0	0	0	0	25	7	0	6	1	0	10	4	0
Madagascar Vanilla Bean	35	0	0	0	0	0	25	7	0	6	1	0	0	4	0
Matcha Green Tea	35	0	0	0	0	0	25	7	0	6	1	0	0	4	0
Pecan Praline NSA	25	0	0	0	0	0	25	6	<1	2	1	0	0	4	0
Peanut Butter	40	0	0	0	0	0	25	7	0	6	1	0	0	4	0
Pistachio	35	0	0	0	0	0	25	7	0	6	1	0	0	4	0
Plain Tart	30	0	0	0	0	0	5	6	0	6	1	0	0	0	0
Red Velvet Cupcake Batter	35	0	0	0	0	0	25	8	0	6	1	0	0	4	0
Rich Chocolate Ice Cream	50	25	3	2	0	10	25	7	0	5	1	2	0	2	0
Rocket Pop Sorbet	25	0	0	0	0	0	0	7	0	7	0	0	10	0	0
Salted Caramel Butter Pecan	35	0	0	0	0	0	30	7	0	6	1	0	0	4	0
Salted Chocolate Souffle Plant Based	45	10	1	1	0	0	45	9	0	6	0	0	0	0	0
Salted Pomegranate Lime Sorbet	25	0	0	0	0	0	10	7	0	7	0	0	10	0	0
Strawberry Mango Sorbet	25	0	0	0	0	0	0	7	0	7	0	0	10	0	0
Sumatra Coffee	30	0	0	0	0	0	20	7	0	6	1	0	0	4	0
Toasted Coconut	35	0	0	0	0	0	25	7	0	6	1	0	0	4	0
Ube	35	0	0	0	0	0	25	7	0	6	1	0	0	4	0

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