

NUTRITIONAL FACTS



4 WT. OZ.

Calories
 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	0	40	28	0	25	3	0	45	8	0
Birthday Cupcake Batter	150	0	0	0	0	0	100	31	0	27	4	0	0	15	0
Banana Cream	130	0	0	0	0	0	95	28	0	24	4	0	0	15	0
Boba Milk Tea	130	0	0	0	0	0	90	27	0	24	4	0	0	15	0
Cheesecake	140	0	0	0	0	0	95	29	0	25	4	0	0	15	0
Classic Cookies & Cream	150	5	0.5	0	0	0	100	30	0	25	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
Fresh Strawberry	130	0	0	0	0	0	80	30	0	26	4	0	40	15	0
Lemon Sorbet	110	0	0	0	0	0	15	28	0	27	0	0	50	0	0
Passion Orange Guava Tart	130	0	0	0	0	0	40	29	0	26	3	0	50	8	0
Pear Tart	110	0	0	0	0	0	40	24	1	22	3	0	45	10	0
Pecans Pralines NSA	110	5	0.5	0	0	0	95	24	3	9	5	0	2	20	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
Rich Chocolate Ice Cream	220	100	11	7	0	35	80	26	1	25	5	2	0	15	6
Rocket Pop Sorbet	110	0	0	0	0	0	15	27	0	27	0	0	45	0	0
Red Velvet Cupcake Batter	140	0	0	0	0	0	105	29	0	25	5	0	0	15	0
Strawberry Mango Sorbet	110	0	0	0	0	0	10	27	0	27	0	0	40	0	0
Strawberry Matcha	150	0	0	0	0	0	100	31	0	27	4	0	4	15	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	28	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

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1 WT. OZ.

Calories	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)
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SERVING SIZE = PER 1 WT. OZ.

Alphonso Mango Tart	30	0	0	0	0	10	7	0	6	1	0	10	2	0
Banana Cream	30	0	0	0	0	25	7	0	6	1	0	0	4	0
Boba Milk Tea	30	0	0	0	0	25	7	0	6	1	0	0	4	0
Birthday Cupcake Batter	35	0	0	0	0	25	8	0	7	1	0	0	4	0
Cheesecake	35	0	0	0	0	25	7	0	6	1	0	0	4	0
Classic Cookies & Cream	35	0	0	0	0	25	7	0	6	1	0	0	4	0
Creamy Vanilla Ice Cream	60	25	3	2	0	10	25	7	0	5	1	2	0	2
Dulce de Leche	35	0	0	0	0	30	7	0	6	1	0	0	4	0
Dutch Chocolate	40	0	0	0	0	20	8	0	7	1	0	0	4	0
Fresh Strawberry	35	0	0	0	0	20	7	0	6	1	0	10	4	0
Lemon Sorbet	25	0	0	0	0	0	7	0	7	0	0	10	0	0
Passion Orange Guava Tart	35	0	0	0	0	10	7	0	6	1	0	10	2	0
Pear Tart	25	0	0	0	0	10	6	0	6	1	0	10	2	0
Pecans and Pralines NSA	25	0	0	0	0	25	6	1	2	1	0	0	4	0
Pistachio	35	0	0	0	0	25	7	0	6	1	0	0	4	0
Plain Tart	30	0	0	0	0	5	6	0	6	1	0	0	0	0
Rich Chocolate Ice Cream	60	25	3	2	0	10	20	6	0	6	1	0	0	4
Rocket Pop Sorbet	25	0	0	0	0	0	7	0	7	0	0	10	0	0
Red Velvet Cupcake Batter	35	0	0	0	0	25	7	0	6	1	0	0	4	0
Strawberry Mango Sorbet	25	0	0	0	0	0	7	0	7	0	0	10	0	0
Strawberry Matcha	35	0	0	0	0	25	8	0	7	1	0	0	4	0
Sumatra Coffee	30	0	0	0	0	20	7	0	6	1	0	0	4	0
Toasted Coconut	35	0	0	0	0	25	7	0	6	1	0	0	4	0
Ube	35	0	0	0	0	35	7	0	6	1	0	0	4	0

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