

Nutrition Facts

(yo)gurt[lab]	Serving Size (g)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV	Allergens	Label
Frozen Yogurt Calorie and Content																	
Agrum*	83	100	4	0	0	0	0	0	22	19	1	42	29	0	0	P, D	Non Fat
Almond*	83	100	25	3	0	0	0	58	21	17	3	2	2	10	2	N, D	Low Fat
Avocado*	83	100	29	3	1	0	0	50	17	15	3	2	3	8	0	D, S, N (coconut)	Low Fat
Banana*	83	91	4	0	0	0	0	25	21	17	1	0	0	2	0	D, P	Non Fat
Birthday Cake*	83	108	12	2	1	0	0	75	23	20	3	2	2	8	3	D, S, W, N (coconut)	Low Fat
Blackberry	83	116	37	4	4	0	0	54	17	15	2	0	0	8	0	D	-
Brownie Batter	83	140	20	3	2	0	0	120	26	20	4	0	0	6	70	D	Low Fat
Cheesecake*	83	83	4	0	0	0	0	37	22	19	2	2	2	10	0	D, N (coconut)	Non Fat
Cherry Amaretto	83	116	37	4	4	0	0	58	17	16	2	0	0	8	0	D, E, N	-
Chili Chocolate*	83	91	12	1	1	0	0	33	19	17	5	2	2	9	8	D	Low Fat
Chocolate	83	90	10	1	1	0	0	70	21	18	4	2	2	10	15	D, N (coconut)	Low Fat
Cinnamon	83	91	8	1	1	0	0	75	24	22	3	2	2	12	0	W, D	Low Fat
Coconut	83	91	17	2	2	0	0	42	22	20	2	3	12	8	2	D, N (coconut)	Low Fat
Cookies & Cream*	83	100	17	2	2	0	0	54	22	18	3	2	2	10	2	D, S, N (coconut)	Low Fat
Cotton Candy	83	120	40	5	4	0	0	90	17	15	3	0	0	10	0	D	-
Dark Chocolate	83	125	17	2	1	0	0	108	23	17	3	0	0	5	66	D	Low Fat
Egg Nog	83	116	42	4	4	0	8	58	17	15	2	0	0	8	0	D, E	-
Espresso	83	125	42	4	4	0	0	58	18	15	2	0	0	8	2	D	-
Fior Di Latte*	83	50	0	0	0	0	0	35	13	11	3	3	0	10	0	D, S	Non Fat
Forest Berries*	83	91	4	0	0	0	0	37	24	21	3	2	4	7	0	D	Non Fat
Greek Acai	83	90	20	3	2	0	0	30	19	17	4	4	2	8	0	D	Low Fat
Greek Yogurt*	83	91	21	2	2	0	0	37	19	17	4	2	2	12	0	D	Low Fat
Green Apple	83	100	0	0	0	0	0	5	25	20	0	0	0	0	0	S	Non Fat
Green Tea*	83	83	8	1	1	0	0	42	20	17	2	2	2	9	0	D	Low Fat
Harvest Apple Pie	83	116	37	4	4	0	0	104	17	16	2	0	2	8	0	D	-
Hazelnut*	83	108	29	3	0	0	0	37	21	17	3	2	2	11	2	D, N	Low Fat
Kiwi	83	116	37	4	4	0	0	54	17	16	2	0	2	8	0	D	-
Lemon	83	100	0	0	0	0	0	0	25	25	0	0	0	0	0	S	Non Fat
Lime	83	100	4	0	0	0	0	8	25	22	0	0	0	0	0	-	Non Fat
Limoncello	83	100	0	0	0	0	0	10	24	24	0	4	0	0	0	-	Non Fat
Mango	83	100	0	0	0	0	0	4	25	17	0	42	2	0	0	-	Non Fat
Maple	83	100	40	5	4	0	0	70	13	12	3	0	0	10	0	D	-
Mascarpone*	83	91	8	1	0	0	0	37	22	19	3	2	2	8	0	D	Low Fat
Melon	83	120	40	5	4	0	0	60	18	16	3	0	0	10	0	D	-
Nutella*	83	116	29	3	1	0	0	37	22	18	3	2	2	10	2	D, N	Low Fat
Peach-Mango*	83	100	0	0	0	0	0	4	24	21	0	0	0	0	0	S	Non Fat
Peach Tea	83	110	0	0	0	0	0	15	28	27	0	0	25	0	0	-	Non Fat
Pear	83	75	0	0	0	0	0	37	21	20	2	2	3	7	0	D	Non Fat
Peppermint Stix	83	120	40	4	4	0	0	55	18	16	3	0	0	10	0	D	-
Pineapple*	83	90	0	0	0	0	0	4	21	18	0	0	2	3	0	S	Non Fat
Pink Grapefruit	83	100	0	0	0	0	0	4	25	24	0	0	0	0	0	S	Non Fat
Pumpkin Pie	83	116	37	4	4	0	0	58	16	13	3	42	2	8	2	D	-
Raspberry Tart	83	100	0	0	0	0	0	8	24	20	0	0	0	0	0	-	Non Fat
Red Hots*	83	70	0	0	0	0	0	30	16	15	3	2	0	8	0	D, S	Non Fat
Red Orange	83	100	0	0	0	0	0	5	25	21	0	15	0	0	0	S	Non Fat
Red Velvet	83	140	60	7	6	0	0	75	20	17	2	0	0	6	0	D, N (coconut)	-
Rum Raisin	83	120	40	5	4	0	0	55	17	15	3	0	0	12	0	D, E	-
Salted Caramel	83	83	0	0	0	0	0	307	23	17	2	2	2	8	0	D, N (coconut)	Non Fat
Salted Peanut*	83	141	50	6	3	0	0	228	19	17	5	2	2	8	2	D, S, P, N (coconut)	-
Strawberry	83	83	0	0	0	0	0	0	22	17	0	17	5	0	0	S	Non Fat
Tahitian Vanilla	89	100	0	0	0	0	0	55	21	16	4	0	2	15	0	D	Non Fat
Tiramisu	83	91	8	1	0	0	0	37	22	19	3	2	2	10	0	D	Low Fat
Watermelon*	83	100	0	0	0	0	0	0	25	17	0	12	0	0	0	S	Non Fat
White Chocolate*	83	110	20	3	2	0	0	70	22	19	4	2	0	10	12	D	Low Fat
Yogurt Lab Tart*	83	75	0	0	0	0	0	42	20	17	3	2	2	12	0	D	Non Fat
Average:		102	17	2	1	0	0	50	21	18	2	4	2	7	3	-	-

*Calories, Fat, Carbohydrates, and Protein are known; all remaining nutrients are estimations

Allergens: Dairy (D), Egg (E), Peanut (P), Tree Nut (N), Soy (S), Wheat (W)

All of our products are produced and stored in environments where known allergens are present. A 2,000 calorie diet is used as the basis for general nutrition advice; however individual needs may vary.