

NUTRITIONAL FACTS



YOGURT

	Calories per 1 wt. oz.	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Serving Size = 4 wt. oz. or 113 g																
Almond Midnight Mocha	40	160	15	1.5	0.5	0	0	115	33	2	22	5	2	2	17	6
Apricot Tart	30	120	0	0	0	0	0	45	27	0	24	3	4	45	8	0
Arctic Vanilla	35	150	0	0	0	0	0	85	32	0	26	5	0	2	18	0
Bananas Foster	35	150	0	0	0	0	0	80	31	0	26	5	0	3	18	0
Birthday Cupcake Batter	35	150	0	0	0	0	0	85	32	0	26	5	0	2	18	0
Blueberry Tart	30	130	0	0	0	0	0	45	28	0	25	3	0	39	9	0
Boysenberry Tart	30	120	0	0	0	0	0	50	25	0	23	3	0	47	8	0
Brownie Batter	40	150	5	0.5	0	0	0	90	34	1	22	5	0	2	16	9
Butterscotch	35	150	10	1	0.5	0	<5	95	32	0	22	5	0	2	16	0
Carrot Cake	40	160	5	0.5	0	0	<5	100	33	0	27	5	0	2	18	0
Chocolate Milkshake	40	160	10	1	0.5	0	0	105	34	<1	28	5	0	2	17	2
Chocolate Mousse Pie	40	160	10	1	0.5	0	0	95	33	1	26	6	0	2	18	6
Cinnamon Graham Cracker	40	160	10	1	0.5	0	0	100	33	0	22	5	0	2	17	0
Cinnamon Roll	40	160	5	1	0.5	0	<5	90	34	0	28	5	0	2	18	0
Coconut Mango Tart	35	140	5	0	0	0	0	50	31	0	27	3	2	44	8	0
Cranberry Orange Tart	30	130	0	0	0	0	0	50	28	0	25	3	0	46	8	0
Crème Brûlée	35	150	0	0	0	0	0	95	32	0	26	5	0	2	18	0
Dark Chocolate Orange	35	130	5	0.5	0	0	0	85	28	1	22	5	0	2	16	5
Devil's Food Cupcake Batter	40	160	5	0.5	0	0	0	105	35	1	28	5	0	2	18	5
Double Cookies n' Cream	40	160	10	1	0	0	0	100	36	<1	27	4	0	2	14	0
Dragon Passion Tart	30	120	0	0	0	0	0	50	28	0	25	3	2	4	8	0
Dulce de Leche	40	160	10	1	0.5	0	<5	95	33	0	23	4	0	2	17	0
Dutch Chocolate	40	150	5	0.5	0	0	0	80	33	1	26	5	2	2	18	0
Flan	40	150	5	0.5	0	0	5	100	32	0	27	5	0	2	18	0
Fresh Strawberry	35	150	0	0	0	0	0	115	33	0	28	4	0	49	17	0
Fudge Brownie	40	160	10	1	0.5	0	<5	105	33	<1	26	5	2	2	18	0
Geneva Chocolate	35	150	5	0	0	0	0	95	32	1	26	5	0	2	18	3
Guava Grapefruit Sorbet	35	140	0	0	0	0	0	34	0	30	0	0	54	0	0	
Guava Pineapple Tart	30	120	0	0	0	0	0	50	26	<1	23	3	2	43	8	0
Guava Sorbet	35	150	0	0	0	0	0	37	1	33	0	2	63	0	0	
Hibiscus Passion Fruit Sorbet	35	130	0	0	0	0	0	5	33	0	29	0	0	42	0	0
Irish Mint Creme	35	150	0	0	0	0	0	90	32	0	22	5	0	2	18	0
Juicy Peach Tart	30	120	0	0	0	0	0	45	27	<1	24	3	0	44	7	0
Key Lime Tart	35	130	0	0	0	0	0	50	30	0	27	3	0	47	7	0
Lemon Cookie	40	160	5	1	0	0	0	95	33	0	26	5	0	2	18	0
Lychee Tart	30	110	0	0	0	0	0	50	25	0	22	3	0	54	8	0
Mango	35	140	0	0	0	0	0	50	31	0	26	2	2	58	9	0
Mango Mixer Tart	30	120	0	0	0	0	0	50	28	0	25	3	2	46	8	0
Mango Pineapple Coconut Tart	30	130	0	0	0	0	0	50	28	0	25	3	2	47	8	0
Maple Cookie	40	150	5	0.5	0	0	0	105	33	0	26	5	0	2	18	0
Matcha Green Tea	35	150	0	0	0	0	0	85	32	0	26	5	0	5	18	0
Mexican Hot Chocolate	35	150	0	0.5	0	0	0	90	32	<1	26	5	0	2	18	3
Milk Chocolate Hazelnut	40	160	15	1.5	0	0	0	115	31	<1	21	5	0	2	17	4
NSA Chocolate	25	100	5	0.5	0	0	0	130	24	1	7	5	0	2	17	5
NSA French Vanilla	25	100	0	0	0	0	0	110	24	0	8	5	0	2	20	0
NSA Pecan Praline	25	100	0	0	0	0	0	110	24	0	8	5	0	2	20	0
NSA Strawberry Cheesecake	25	110	0	0	0	0	<5	140	23	0	9	5	0	47	18	0
NSA Yo Frappe	25	110	0	0	0	0	0	115	24	<1	8	6	0	2	20	2
NY Cheesecake	40	160	0	0	0	0	0	90	36	0	24	5	0	2	17	0
Oatmeal Cookie	40	160	5	0.5	0	0	<5	100	33	0	27	5	0	2	18	0
Orange Citrus Sorbet	35	140	0	0	0	0	0	5	36	0	32	0	0	50	0	
Orange Cream Pop	35	140	0	0	0	0	0	75	31	0	26	4	0	45	15	0
Passion Fruit Sorbet	35	130	0	0	0	0	0	34	0	31	0	2	45	0	0	
Peanut Butter	40	170	20	2	0	0	0	95	32	<1	26	6	0	2	19	0
Peanut Butter Cookies and Cream	40	170	15	1.5	0	0	0	110	33	<1	26	6	0	2	18	3
Pineapple Tangerine Tart	30	120	0	0	0	0	0	50	25	<1	23	3	0	47	9	0
Pistachio	40	160	5	0.5	0	0	0	80	33	0	28	5	0	2	18	0
Plain Tart	40	160	0	0	0	0	0	40	36	0	36	3	0	0	7	0
POG Sorbet	35	140	0	0	0	0	0	5	34	<1	31	0	4	79	0	
Pumpkin	35	140	0	0	0	0	0	115	31	<1	21	4	26	2	15	0
Raspberry Lemonade Sorbet	35	130	0	0	0	0	0	33	<1	29	0	0	48	0	0	
Raspberry Pomegranate Tart	30	130	0	0	0	0	0	50	29	0	28	3	0	45	8	0
Raspberry Tart	30	110	0	0	0	0	0	50	24	0	22	3	0	43	8	0
Red Velvet Cupcake Batter	40	160	0	0	0	0	0	90	33	0	28	5	0	2	19	0
Root Beer Float	40	150	0	0	0	0	0	80	33	0	28	5	0	2	18	0
Salted Caramel Pecan	40	150	10	1	0	0	0	130	32	0	22	5	0	2	16	0
Sticky Toffee Pudding	40	170	15	1.5	1	0	0	5	100	34	0	28	5	0	2	17
Strawberry Lemonade Sorbet	35	130	0	0	0	0	0	32	<1	29	0	0	62	0	0	
Sumatra Coffee Blend	35	150	0	0	0	0	0	85	32	0	26	5	0	2	18	0
Tangerine Tango Tart	30	120	0	0	0	0	0	50	26	0	24	3	0	52	8	0
Taro	35	150	0	0	0	0	0	85	32	0	26	5	0	2	18	0
Toasted Coconut	40	150	5	1	0.5	0	0	85	32	0	26	5	0	2	18	0
Toasted Coconut Caramel	40	170	20	2	1.5	0	<5	105	33	<1	27	5	0	2	18	0
Vanilla Bean	35	150	0	0	0	0	0	85	32	0	26	5	0	2	18	0
Vanilla Custard	35	150	0	0	0	0	0	90	32	0	26	5	0	2	18	0
White Chocolate Macadamia Cookie	40	160	15	2	0.5	0	0	105	32	0	26	5	0	2	18	0

Yogurtland employs good manufacturing practices to avoid contamination of non-labeled allergens in a facility that also processes peanuts, tree nuts, eggs, soy dairy, and wheat. Fat is naturally occurring in our low fat yogurt.
 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 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. This publication is continuously updated in an attempt to reflect the current status of our products. All data is rounded to meet current US FDA NLEA guidelines. NSA = No sugar added.



TOPPINGS

	Calories per 1 wt. oz.	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Almonds	160	130	14	1	0	0	6	3	1	6	0	0	8	6	
Andes Mints®	150	90	10	9	0	0	15	17	1	15	2	0	0	4	4
Apples	15	0	0	0	0	0	0	4	1	3	0	0	2	0	0
Banana	25	0	0	0	0	0	0	6	1	3	0	0	4	0	0
Blackberries	10	0	0	0	0	0	3	1	1	0	2	10	0	2	
Blueberries	15	0	0	0	0	0	4	1	3	0	0	4	0	0	
Brownie Bites	130	50	6	2.5	0	20	160	17	1	10	2	4	0	2	6
Butterfinger®	130	45	5	2.5	0	0	65	20	1	13	2	0	0	2	2
Cantaloupe	10	0	0												