

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	0	50	28	0	25	3	0	45	10	0
Banana Toffee Pie	140	5	1	0.5	0	5	100	30	0	24	4	0	0	15	0
Birthday Cupcake Batter	130	0	0	0	0	0	90	28	0	24	4	0	0	15	0
Blueberry Tart	110	0	0	0	0	0	30	24	0	23	3	0	40	6	0
Caramel Almond Bar	150	0	1	0	0	5	110	30	0	25	5	0	0	15	0
Cheesecake	140	0	0	0	0	0	95	29	0	25	4	0	0	15	0
Chili Mango Sorbet	110	0	0	0	0	0	25	27	0	27	0	0	45	0	0
Chocolate Covered Blueberry Sorbet	110	0	0	0	0	0	15	29	2	26	1	2	40	0	6
Chocolate Malt Ball Ice Cream Made With Whoppers®	230	100	12	8	0	40	125	33	0	29	4	8	0	15	2
Chocolate Twilight NSA	100	0	0	0	0	0	110	23	3	8	5	0	0	15	4
Churro	140	0	0.5	0	0	0	120	30	0	25	4	0	0	15	0
Classic Cookies and Cream	140	5	1	0	0	0	110	30	0	25	4	0	0	15	0
Cranberry Raspberry Tart	110	0	0	0	0	0	30	25	0	24	3	0	45	6	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
Eggnog	130	0	0	0	0	0	90	28	0	24	4	0	0	15	0
French Vanilla NSA	90	0	0	0	0	0	85	22	3	8	5	0	2	15	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
Cold Brrrew Coffee Frappe	140	45	5	3	0	15	55	20	0	17	3	4	0	10	0
Iced Coffee NSA	100	0	0	0	0	0	90	24	3	8	5	0	2	20	0
Juicy Peach Tart	100	0	0	0	0	0	25	22	1	21	2	0	45	6	0
Madagascar Vanilla Bean	130	0	0	0	0	0	90	28	0	24	4	0	0	15	0
Oreo® Cookies and Crème Ice Cream	240	100	12	7	0	40	150	31	0	26	4	8	0	15	2
Peanut Butter	150	15	2	0	0	0	105	29	1	24	5	0	0	15	0
Peanut Butter Marshmallow Squares NSA	120	20	2	0	0	0	105	25	3	8	6	0	2	20	0
Peanut Butter Parfait NSA	110	10	1	0	0	0	125	25	3	8	6	0	2	20	0
Pecans & Pralines NSA	110	0	0	0	0	0	95	25	3	9	5	0	2	20	0
Pineapple Sorbet	120	0	0	0	0	0	15	29	0	29	0	0	45	0	0
Pistachio	140	0	0	0	0	0	90	29	0	25	4	0	0	15	0
Pistachio Almond NSA	120	20	2	0	0	0	105	24	3	8	6	0	2	20	0
Plain Tart	120	0	0	0	0	0	25	26	0	25	3	0	0	6	0
Pumpkin Pie	130	0	0	0	0	0	120	28	1	23	4	30	0	15	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
Root Beer Float	140	0	0	0	0	0	90	30	0	26	4	0	0	15	0
Salted Caramel Pecan	140	5	1	0	0	0	130	29	0	25	5	0	0	15	0
Strawberry Lemonade Sorbet	110	0	0	0	0	0	10	28	1	27	0	0	70	0	0
Sumatra Coffee Blend	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
Classic Vanilla Milkshake	230	100	11	7	0	40	110	28	0	26	4	10	0	15	0
Watermelon Sorbet	110	0	0	0	0	0	15	27	0	27	0	0	45	0	0
White Chocolate Raspberry	150	0	0	0	0	0	85	32	0	27	5	0	2	20	0
Yo Frappe NSA	110	0	0	0	0	0	100	25	3	8	5	0	2	20	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. 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)
Alphonso Mango Tart	30	0	0	0	0	10	7	0	6	1	10	2	0		
Banana Toffee Pie	35	0	0	0	0	25	7	0	6	1	0	0	4	0	
Birthday Cupcake Batter	35	0	0	0	0	25	7	0	6	1	0	0	4	0	
Blueberry Tart	25	0	0	0	0	5	6	0	6	1	0	10	0	0	
Caramel Almond Bar	35	0	0	0	0	30	7	0	6	1	0	0	4	0	
Cheesecake	35	0	0	0	0	25	7	0	6	1	0	0	4	0	
Chili Mango Sorbet	25	0	0	0	0	5	7	0	7	0	0	10	0	0	
Chocolate Covered Blueberry Sorbet	30	0	0	0	0	0	7	0	6	0	0	10	0	0	
Chocolate Malt Ball Ice Cream Made With Whoppers®	60	25	3	2	0	10	30	8	0	7	1	2	0	4	0
Chocolate Twilight NSA	30	0	0	0	0	0	30	6	<1	2	1	0	0	4	0
Churro	35	0	0	0	0	0	30	7	0	6	1	0	0	4	0
Classic Cookies and Cream	35	0	0	0	0	0	30	7	0	6	1	0	0	4	0
Cranberry Raspberry Tart	25	0	0	0	0	0	10	6	0	6	1	0	10	0	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
Eggnog	35	0	0	0	0	0	25	7	0	6	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
Cold Brrrrew Coffee Frappe	35	10	1	0.5	0	5	15	5	0	4	1	0	0	2	0
Iced Coffee NSA	25	0	0	0	0	0	25	6	1	2	1	0	0	4	0
Juicy Peach Tart	25	0	0	0	0	0	5	6	0	5	1	0	10	0	0
Madagascar Vanilla Bean	35	0	0	0	0	0	25	7	0	6	1	0	0	4	0
Oreo® Cookies and Crème Ice Cream	60	25	3	1.5	0	10	35	8	0	6	1	2	0	4	0
Peanut Butter	40	0	0	0	0	0	25	7	0	6	1	0	0	4	0
Peanut Butter Marshmallow Squares NSA	30	0	0	0	0	0	25	6	1	2	1	0	0	4	0
Peanut Butter Parfait NSA	30	0	0	0	0	0	30	6	1	2	1	0	0	4	0
Pecans & Pralines NSA	25	0	0	0	0	0	25	6	<1	2	1	0	0	4	0
Pineapple Sorbet	30	0	0	0	0	0	0	7	0	7	0	0	10	0	0
Pistachio	35	0	0	0	0	0	25	7	0	6	1	0	0	4	0
Pistachio Almond NSA	30	0	0	0	0	0	25	6	1	2	1	0	0	4	0
Plain Tart	30	0	0	0	0	0	5	6	0	6	1	0	0	0	0
Pumpkin Pie	30	0	0	0	0	0	30	7	0	6	1	6	0	4	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
Root Beer Float	35	0	0	0	0	0	20	7	0	6	1	0	0	4	0
Salted Caramel Pecan	35	0	0	0	0	0	30	7	0	6	1	0	0	4	0
Strawberry Lemonade Sorbet	30	0	0	0	0	0	0	7	0	7	0	0	15	0	0
Sumatra Coffee Blend	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
Classic Vanilla Milkshake	60	25	3	2	0	10	30	7	0	6	1	2	0	4	0
Watermelon Sorbet	25	0	0	0	0	0	0	7	0	7	0	0	10	0	0
White Chocolate Raspberry	40	0	0	0	0	0	20	8	0	7	1	0	0	4	0
Yo Frappe NSA	25	0	0	0	0	0	25	6	<1	2	1	0	0	4	0

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