



Nutritional Information

Measurements based on a serving size of 1/2 cup(83g). Toppings not included. Product Allergen Information: Milk (M), Egg (E), Peanut (P), Soy (S), Tree Nut (TN), Wheat Gluten (W) Manufactured in a factory that processes peanuts, tree nuts, eggs, soy, milk and wheat.

Nonfat Frozen Yogurt	Manufacturer	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbs.	Sugars	Allergens
Banana Rama	Honey Hill	100	0g	0g	0mg	50mg	21g	16g	M
Blueberry Tart	Honey Hill	120	0g	0g	0mg	65mg	24g	23g	M
Cheesecake	Honey Hill	120	0g	0g	0mg	60mg	25g	18g	M
Cherry Amaretto	Honey Hill	110	0g	0g	0mg	60mg	24g	19g	M
Dreamy Dark Chocolate	Honey Hill	120	0g	0g	0mg	60mg	24g	18g	M
Island Coconut	Honey Hill	110	0g	0g	0mg	55mg	22g	16g	M
Key Lime Bar	Honey Hill	110	0g	0g	0mg	55mg	22g	20g	M
Mint Chocolate Chip	Honey Hill	110	0g	0g	0mg	55mg	22g	16g	M, S, TN
Mountain Blackberry	Honey Hill	120	0g	0g	0mg	50mg	26g	18g	M
Old Fashioned Candy Cane	Honey Hill	100	0g	0g	0mg	55mg	22g	17g	M
Peach	Honey Hill	110	0g	0g	0mg	55mg	23g	18g	M
Pomagranate Energy	Honey Hill	120	0g	0g	5mg	90mg	24g	23g	M
Southern Butter Pecan	Honey Hill	100	0g	0g	0mg	60mg	22g	17g	M
Tahitian Vanilla	Honey Hill	100	0g	0g	0mg	55mg	21g	16g	M
Vanilla Bean	Honey Hill	100	0g	0g	0mg	55mg	21g	16g	M
Alpine Vanilla	YoCream	100	0g	0g	5mg	75mg	22g	18g	M
Angel Food Cake	YoCream	110	0g	0g	0mg	30mg	25g	19g	M, E, W
Apple Pie	YoCream	100	0g	0g	0mg	70mg	21g	17g	M
Barista Blend Coffee	YoCream	90	0g	0g	0mg	70mg	20g	16g	M
Cable Car Chocolate	YoCream	110	0g	0g	0mg	75mg	23g	17g	M
Cappuccino	YoCream	100	0g	0g	5mg	85mg	21g	16g	M
Chocolate Classic	YoCream	110	0g	0g	5mg	80mg	24g	20g	M
Cookies N' Cream	YoCream	110	0g	0g	5mg	80mg	24g	17g	M
Cotton Candy	YoCream	90	0g	0g	0mg	65mg	20g	17g	M
Country Vanilla	YoCream	100	0g	0g	5mg	70mg	20g	17g	M
Creamy Mint Cookie	YoCream	110	0g	0g	5mg	85mg	24g	17g	M, E, S, W
Eggnog	YoCream	110	0g	0g	5mg	70mg	23g	19g	M, E
Fancy French Vanilla	YoCream	110	0g	0g	0mg	75mg	22g	17g	M, E
French Toast	YoCream	100	0g	0g	10mg	85mg	21g	17g	M, E
Georgia Peach	YoCream	90	0g	0g	0mg	60mg	20g	17g	M
Graham Cracker	YoCream	100	0g	0g	5mg	70mg	23g	18g	M
Green Tea	YoCream	60	0g	0g	0mg	39mg	12g	9g	M
Hawaiian Pineapple	YoCream	100	0g	0g	0mg	65mg	21g	17g	M
Huckleberry	YoCream	100	0g	0g	0mg	70mg	22g	17g	M
Irish Mint	YoCream	100	0g	0g	10mg	65mg	22g	18g	M, E
Island Banana	YoCream	100	0g	0g	5mg	75mg	21g	17g	M
Luscious Lemon	YoCream	100	0g	0g	5mg	70mg	23g	19g	M
Maple Bacon Donut	YoCream	100	0g	0g	0mg	105mg	21g	17g	M, W
Mountain Blackberry	YoCream	100	0g	0g	0mg	60mg	22g	18g	M
New York Cheesecake	YoCream	100	0g	0g	10mg	75mg	21g	17g	M, E
Orchard Cherry	YoCream	110	0g	0g	0mg	60mg	24g	20g	M
Original	YoCream	45	0g	0g	15mg	36mg	9g	6g	M
Outrageous Orange	YoCream	100	0g	0g	5mg	80mg	22g	18g	M
Pecan Praline	YoCream	110	0g	0g	5mg	80mg	22g	18g	M, TN
Peppermint Stick	YoCream	100	0g	0g	5mg	70mg	20g	17g	M
Pistachio	YoCream	100	0g	0g	5mg	75mg	22g	18g	M
Pumpkin	YoCream	110	0g	0g	5mg	80mg	23g	18g	M
Rootbeer Float	YoCream	100	0g	0g	5mg	75mg	23g	19g	M
Snickerdoodle	YoCream	100	0g	0g	5mg	70mg	20g	17g	M
Toasted Marshmallow	YoCream	100	0g	0g	0mg	60mg	22g	19g	M, E
Very Raspberry	YoCream	100	0g	0g	5mg	65mg	22g	18g	M
Very Strawberry	YoCream	100	0g	0g	0mg	60mg	21g	17g	M
White Chocolate Mousse	YoCream	100	0g	0g	10mg	65mg	21g	18g	M, E

Low Fat Frozen Yogurt	Manufacturer	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbs.	Sugars	Allergens
Cake Batter	Honey Hill	110	3g	2g	10mg	75mg	17g	14g	M
Cookies 'N Cream	Honey Hill	120	3g	2g	5mg	70mg	17g	17g	M, W, S
Espresso	Honey Hill	120	3g	2g	5mg	60mg	17g	16g	M
French Vanilla	Honey Hill	120	3g	2g	5mg	60mg	19g	16g	M
Old Fashioned Peanut Butter	Honey Hill	150	6g	2g	5mg	115mg	19g	13g	M, P
Ooey Goey Cinnamon Bun	Honey Hill	130	3g	2g	10mg	70mg	22g	18g	M, E, S, TN
Pumpkin Pie	Honey Hill	130	3g	2g	10mg	55mg	22g	17g	M, E, SU
Red Velvet Cupcake	Honey Hill	130	3g	2g	5mg	55mg	22g	17g	M, E, TN
Sea Salt Caramel Pretzel	Honey Hill	120	3g	2g	5mg	170mg	22g	16g	M, W, S, TN
Spiced Red Apple	Honey Hill	130	3g	2g	5mg	70mg	23g	19g	M
Strawberry Sensations	Honey Hill	120	3g	2g	5mg	65mg	20g	16g	M
Triple Chocolate	Honey Hill	130	2g	2g	5mg	55mg	22g	17g	M
White Chocolate Mousse	Honey Hill	140	2g	2g	5mg	55mg	25g	21g	M, S
Birthday Cake	YoCream	100	0.5g	0g	10mg	75mg	20g	16g	M, E, W
Cake Batter	YoCream	120	2g	1g	25mg	70mg	21g	17g	M, E, W
Chocolate Caramel Truffle	YoCream	130	2g	1g	10mg	105mg	25g	19g	M
Cinnamon Roll	YoCream	120	2g	1.5g	20mg	80mg	22g	17g	M, E
Dulce De Leche (Caramel)	YoCream	120	2g	1.5g	20mg	70mg	23g	18g	M, E
Dutch Chocolate	YoCream	120	2.5g	1.5g	10mg	70mg	20g	15g	M
French Vanilla	YoCream	110	2.5g	1.5g	25mg	70mg	19g	15g	M, E
Milk Chocolate	YoCream	130	2g	1g	10mg	80mg	25g	18g	M
Peanut Butter	YoCream	130	4g	1.5g	10mg	100mg	19g	14g	M, P
Red Velvet Cake	YoCream	120	2g	1.5g	15mg	70mg	23g	17g	M, E, W
Strawberry Shortcake	YoCream	110	2g	1g	20mg	70mg	21g	17g	M, E
Sweet Coconut	YoCream	100	.5g	0g	0mg	65mg	21g	18g	M, S, TN
Toffee	YoCream	100	.5g	0g	5mg	80mg	22g	18g	M, S, TN
White Vanilla	YoCream	110	3g	1.5g	25mg	70mg	19g	15g	M, E

Decadent Frozen Yogurt	Manufacturer	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbs.	Sugars	Allergens
Decadent Belgian Waffle	YoCream	130	4.5g	3g	15mg	40mg	19g	15g	M, E
Decadent Vanilla Bean	YoCream	130	4.5g	3g	15mg	40mg	19g	15g	M



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No Sugar Added Frozen Yogurt	Manufacturer	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbs.	Sugars	Allergens
NSA Chocolate	Honey Hill	80	0g	0g	0mg	85mg	17g	6g	M
NSA Tahitian Vanilla	Honey Hill	80	0g	0g	0mg	80mg	16g	6g	M
NSA Wild Strawberry	Honey Hill	80	0g	0g	0mg	80mg	16g	6g	M
Blueberry	YoCream	70	0g	0g	0mg	75mg	18g	6g	M
Cheesecake	YoCream	80	0g	0g	5mg	80mg	19g	6g	M
Chocolate	YoCream	90	0g	0g	5mg	95mg	20g	6g	M
Coffee	YoCream	80	0g	0g	5mg	85mg	19g	6g	M
Mint	YoCream	80	0g	0g	5mg	85mg	19g	6g	M
Praline	YoCream	80	0g	0g	5mg	85mg	19g	6g	M
Raspberry	YoCream	70	0g	0g	5mg	75mg	17g	6g	M
Strawberry Banana	YoCream	80	0g	0g	5mg	85mg	19g	6g	M
Vanilla	YoCream	80	0g	0g	5mg	80mg	18g	6g	M
Yellow Cake Batter	YoCream	70	0g	0g	5mg	75mg	19g	6g	M, E, W

Sorbet	Manufacturer	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbs.	Sugars	Allergens
Mango	Honey Hill	90	0g	0g	0mg	0mg	22g	19g	N/A
Passion Orange Guava	Honey Hill	90	0g	0g	0mg	0mg	22g	16g	N/A
Pink Lemonade	Honey Hill	90	0g	0g	0mg	0mg	22g	19g	N/A
Pomegranate Raspberry	Honey Hill	100	0g	0g	0mg	0mg	25g	21g	N/A
Raspberry Lime Mojito	Honey Hill	90	0g	0g	15mg	36mg	21g	16g	N/A
Tropical	Honey Hill	100	0g	0g	0mg	0mg	24g	20g	N/A
Valencia Orange	Honey Hill	90	0g	0g	0mg	0mg	22g	19g	N/A
Watermelon	Honey Hill	90	0g	0g	0mg	5mg	19g	20g	N/A
Kiwi Lime	YoCream	90	0g	0g	0mg	0mg	23g	17g	N/A
Kiwi Strawberry	YoCream	90	0g	0g	0mg	0mg	21g	16g	N/A
Mango Sunrise	YoCream	80	0g	0g	0mg	0mg	21g	15g	N/A
Orange Burst	YoCream	90	0g	0g	0mg	0mg	23g	17g	N/A
Pink Lemonade	YoCream	80	0g	0g	0mg	0mg	21g	15g	N/A
Pomegranate Raspberry	YoCream	90	0g	0g	0mg	0mg	23g	18g	N/A
Strawberry Lemonade	YoCream	90	0g	0g	0mg	0mg	22g	16g	N/A
Very Berry	YoCream	90	0g	0g	0mg	0mg	22g	16g	N/A
Watermelon	YoCream	90	0g	0g	0mg	0mg	22g	16g	N/A

Gelato	Manufacturer	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbs.	Sugars	Allergens
Belgian Cookie	Sugar Creek	170	8g	5g	45mg	115mg	22g	17g	M, E, W, S
Chocolate Chip Cookie Dough	Sugar Creek	140	5g	3.5g	40mg	70mg	19g	18g	M, E, W, S
Chocolate Obsession	Sugar Creek	140	7g	4.5g	15mg	85mg	21g	14g	M
Cookie Butter	Sugar Creek	140	6g	4.5g	15mg	95mg	18g	14g	M, E, W, S
Crème Brulee	Sugar Creek	140	5g	3.5g	40mg	100mg	19g	15g	M, E
Ice Cream Sandwich	Sugar Creek	140	6g	4g	45mg	75mg	20g	15g	M, E
Jamocha	Sugar Creek	160	6g	4g	40mg	70mg	22g	18g	M, E, S, U
Peanut Butter Fudge	Sugar Creek	150	6g	3g	35mg	105mg	21g	16g	M, E, S, P
Red Raspberry	Sugar Creek	150	6g	4g	40mg	70mg	21g	16g	M, E
Strawberry Shortcake	Sugar Creek	140	6g	4g	15mg	70mg	20g	15g	M, E
Vanilla	Sugar Creek	140	6g	4.5g	15mg	95mg	18g	14g	M
Yellow Cake Batter	Sugar Creek	150	7g	4g	45mg	75mg	19g	15g	M, E

Italian Ice	Manufacturer	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbs.	Sugars	Allergens
Banana	Sugar Creek	90	0g	0g	0mg	0mg	22g	18g	N/A
Blue Raspberry	Sugar Creek	90	0g	0g	0mg	0mg	22g	18g	N/A
Cherry	Sugar Creek	90	0g	0g	0mg	0mg	22g	18g	N/A
Cotton Candy	Sugar Creek	90	0g	0g	0mg	0mg	22g	18g	N/A
Fruit Punch	Sugar Creek	90	0g	0g	0mg	0mg	22g	18g	N/A
Grape	Sugar Creek	90	0g	0g	0mg	0mg	22g	18g	N/A
Green Apple	Sugar Creek	90	0g	0g	0mg	0mg	22g	18g	N/A
Kiwi Strawberry	Sugar Creek	90	0g	0g	0mg	0mg	22g	18g	N/A
Lemonade	Sugar Creek	90	0g	0g	0mg	0mg	22g	18g	N/A
Mango	Sugar Creek	90	0g	0g	0mg	0mg	22g	18g	N/A
Orange Creamsicle	Sugar Creek	90	0g	0g	0mg	0mg	22g	18g	N/A
Pineapple	Sugar Creek	90	0g	0g	0mg	0mg	22g	18g	N/A
Tiger's Blood	Sugar Creek	90	0g	0g	0mg	0mg	22g	18g	N/A

Custard	Manufacturer	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbs.	Sugars	Allergens
Chocolate	Sugar Creek	180	9g	6g	50mg	95mg	19g	18g	M, E
Vanilla Custard	Sugar Creek	180	10g	6g	50mg	105mg	19g	16g	M, E