

Nutritional Facts

All information based on 1/2 cup (83g) serving size. Percent Daily Values based on 2000 calorie Diet

Serving Size (g)
 Calories
 Calories from Fat
 Total Fat (g)
 Saturated Fat (g)
 Trans Fat (g)
 Cholesterol (mg)
 Sodium (mg)
 Total Carbohydrate (g)
 Dietary Fiber (g)
 Sugar (g)
 Sugar Alcohols (g)
 Protein (g)
 Vitamin A (%DV)
 Vitamin C (%DV)
 Calcium (%DV)
 Iron (%DV)
 Allergens

Nonfat Frozen Yogurt

Alpine Vanilla 92115	83	100	0	0	0	0	5	75	22	0	18	3	0	0	10	0	M
Angel Food Cake 92136	83	110	0	0	0	0	0	30	25	0	19	1	0	0	4	0	M,E,W ¹
Apple Pie 92140	83	100	0	0	0	0	0	70	21	0	17	3	0	0	10	0	M
Barista Blend Coffee 80001	83	90	0	0	0	0	0	70	20	0	16	3	0	0	10	0	M
Blueberry Burst 92153	83	100	0	0	0	0	0	70	22	0	17	3	0	0	10	0	M
Bubble Gum 92414	83	100	0	0	0	0	0	70	22	0	17	2	0	0	8	0	M
Bubble Yum™ Bubble Gum 92414	83	100	0	0	0	0	0	70	22	0	17	2	0	0	8	0	M
Butter Brickle 92112	83	110	0	0	0	0	5	85	23	0	18	3	0	2	10	0	M,TN
Cable Car Chocolate 92114	83	110	5	0	0	0	0	75	23	1	17	3	0	0	10	2	M
Cappuccino 92152	83	100	0	0	0	0	5	85	21	0	16	4	0	2	15	2	M
Carrot Cake 92139	83	100	0	0	0	0	0	80	21	0	16	3	20	2	10	0	M
Chocolate Classic 92124	83	110	5	0	0	0	5	80	24	0	20	3	0	0	10	2	M
Cookies n' Cream 92163	83	110	5	0	0	0	0	90	25	0	18	3	0	0	10	2	M,E,S,W
Country Vanilla 92123	83	100	0	0	0	0	5	70	20	0	17	3	0	0	10	0	M
Eggnog 92118	83	110	5	0	0	0	5	75	23	0	18	2	0	0	10	0	M,E
Fancy French Vanilla 92154	83	100	5	0	0	0	15	80	21	0	17	4	0	2	15	0	M,E
Georgia Peach 92125	83	100	0	0	0	0	0	65	23	0	18	2	0	8	8	0	M
Gingerbread 92160	83	100	0	0	0	0	0	80	22	0	18	3	0	0	10	0	M
Greek Style Touch of Honey 92176	83	100	0	0	0	0	0	60	18	0	13	7	0	0	15	0	M
Hawaiian Pineapple 92134	83	100	0	0	0	0	0	65	22	0	18	3	0	4	10	0	M
Hershey's® Kisses™ Chocolate 92410	83	110	5	0	0	0	0	75	23	1	17	3	0	0	10	2	M
Hershey's® Kisses™ Choc. Cherry Cordial 92415	83	100	0	0	0	0	0	75	23	1	17	3	0	0	10	2	M
High Culture™ 92175	83	90	0	0	0	0	5	80	19	0	16	3	0	0	10	0	M
Huckleberry 92143	83	100	0	0	0	0	0	70	22	0	17	3	0	0	10	0	M
Irish Mint 92145	83	100	5	0	0	0	10	70	22	0	18	3	0	0	10	0	M,E
Island Banana 92132	83	100	0	0	0	0	5	80	21	0	17	3	0	2	10	0	M
Luscious Lemon 92155	83	100	0	0	0	0	5	85	22	0	18	3	0	2	10	0	M
Maple Bacon Donut 92142	83	100	0	0	0	0	0	105	21	0	17	3	0	0	10	0	M,W
Mountain Blackberry 92130	83	110	0	0	0	0	0	65	23	0	19	3	0	2	10	0	M
New York Cheesecake 92147	83	110	5	0	0	0	10	80	22	0	18	3	0	2	10	0	M,E
Orchard Cherry 92141	83	110	0	0	0	0	0	65	24	0	20	3	0	2	10	0	M
Outrageous Orange 92133	83	100	0	0	0	0	5	80	22	0	18	3	0	2	10	0	M
Pecan Praline 92146	83	110	0	0	0	0	5	85	23	0	18	3	0	2	10	0	M,TN
Peppermint Stick 92111	83	100	0	0	0	0	5	70	20	0	17	3	0	0	10	0	M
Pistachio 92120	83	100	0	0	0	0	5	75	22	0	18	3	0	0	10	0	M
Plain 92157	83	90	0	0	0	0	5	80	19	0	16	3	0	0	10	0	M
Pumpkin 92119	83	110	0	0	0	0	5	80	23	0	18	3	2	2	10	0	M
Rootbeer Float 92116	83	100	0	0	0	0	5	80	22	0	18	3	0	0	10	0	M
Snickerdoodle 92159	83	100	0	0	0	0	5	70	20	0	17	3	0	0	10	0	M
Thin Mint Cookies 92137	83	110	5	0	0	0	5	90	24	0	18	2	0	0	10	2	M,E,S,W
Very Raspberry 92129	83	100	0	0	0	0	0	70	23	0	17	2	0	0	10	0	M
Very Strawberry 92131	83	100	0	0	0	0	0	65	21	0	17	3	0	2	10	0	M
White Chocolate Macadamia 92113	83	100	0	0	0	0	5	75	21	0	18	3	0	0	10	0	M
York™ Chocolate Peppermint 92416	83	110	5	0	0	0	5	85	23	0	17	2	0	0	10	2	M

Original Tart™ Frozen Yogurt

Original Tart™ Blueberry Açai 92170	83	110	0	0	0	0	0	55	23	0	18	3	0	2	10	0	M
Original Tart™ Green Tea 92165	83	90	0	0	0	0	0	60	20	0	15	3	0	0	10	0	M
Original Tart™ 92162	83	90	0	0	0	0	0	65	20	0	15	3	0	2	10	0	M
Original Tart™ made with Organic Milk 92090	83	110	15	2	1	0	5	60	20	0	15	3	2	2	10	0	M
Original Tart™ Peach Mango 92171	83	100	0	0	0	0	0	55	22	0	18	3	6	10	10	0	M
Original Tart™ Pomegranate Raspberry 92172	83	100	0	0	0	0	0	60	22	0	17	3	0	2	10	0	M
Original Tart™ Wild Berry 92167	83	100	0	0	0	0	0	50	21	0	16	3	0	6	10	0	M
Original Tart™ Zesty Orange 92169	83	100	0	0	0	0	0	55	22	0	18	3	2	25	10	0	M

EuroTart™ Nonfat Frozen Yogurt

EuroTart™ 92166	83	90	0	0	0	0	0	25	19	0	13	2	0	0	6	0	M
EuroTart™ Cranberry Hibiscus 92180	83	90	0	0	0	0	0	25	20	0	14	2	0	0	6	0	M
EuroTart™ Honey Lavender 92181	83	90	0	0	0	0	0	25	19	0	14	2	0	0	6	0	M
EuroTart™ Peach White Tea 92182	83	90	0	0	0	0	0	25	19	0	13	2	0	0	6	0	M
EuroTart™ Pink Grapefruit 92183	83	90	0	0	0	0	0	25	19	0	13	2	0	0	6	0	M

Greek Nonfat Frozen Yogurt																		
Greek Black Cherry 92188	83	100	0	0	0	0	0	75	19	0	14		7	0	2	15	0	M
Greek Honey 92176	83	90	0	0	0	0	0	75	16	0	11		7	0	0	15	0	M
Greek Lemon 92187	83	90	0	0	0	0	0	80	16	0	11		7	0	2	15	0	M
Greek Plain 92186	83	90	0	0	0	0	0	75	16	0	11		7	0	0	15	0	M
Yogurt Stand Nonfat Frozen Yogurt																		
Chocolate 92357	83	110	5	0	0	0	5	85	24	0	17		3	0	0	10	2	M
Strawberry 92358	83	100	0	0	0	0	0	70	22	0	17		2	0	2	10	0	M
Vanilla 92356	83	100	5	0	0	0	5	75	22	0	16		2	0	0	10	0	M
Lowfat Frozen Yogurt																		
Cake Batter 92088	83	130	25	3	2	0	35	75	21	0	17		3	2	2	10	0	M,E,W ¹
Chocolate Chip Cookie 80003	83	110	5	0.5	0	0	<5	75	23	0	16		2	0	0	10	0	M,E,S,W
Cinnamon Roll 80002	83	120	20	2	1	0	25	85	22	0	17		3	0	0	10	0	M,E
Dutch Chocolate 92064	83	120	25	2.5	1.5	0	10	75	20	1	15		3	2	0	10	6	M
French Vanilla 92063	83	110	25	3	1.5	0	30	80	18	0	14		3	2	2	10	0	M,E
Heath™ Toffee 92411	83	110	10	1	0.5	0	5	90	23	0	17		2	0	0	10	0	M,S,TN ³
Malted Milk Chocolate 92417	83	130	25	3	2	0	10	50	23	0	16		3	2	0	10	4	M,W
Milk Chocolate 92065	83	140	25	2.5	1.5	0	10	90	25	0	18		3	2	2	10	2	M
Mounds™ Chocolate Coconut 92412	83	120	15	1.5	1	0	0	70	24	1	18		3	0	0	10	2	M,S,TN
Natural 92083	83	120	20	2.5	1.5	0	10	85	20	0	15		3	2	2	15	0	M
Praline n' Cream	83	120	20	2.5	1.5	0	10	85	20	0	15		3	2	2	15	0	M
Red Velvet Cake 92089	83	130	20	2	1.5	0	10	85	24	0	18		3	2	0	10	2	M,E,W ¹
Sweet Coconut 92074	83	110	10	1	1	0	0	65	22	0	18		3	0	0	10	0	M,S,TN
Toffee 92411	83	110	10	1	0.5	0	5	100	23	0	17		2	0	0	10	0	M,S,TN ³
Toffee Mocha 92082	83	130	20	2.5	1.5	0	10	85	24	0	18		3	2	0	10	2	M
White Vanilla 92087	83	110	25	3	1.5	0	30	75	18	0	14		3	2	2	10	0	M,E
Whoppers™ Malted Milk Chocolate 92417	83	130	25	3	2	0	10	50	23	0	16		3	2	0	10	4	M,W
Premium Frozen Yogurt																		
Dulce De Leche (Caramel) 92081	83	140	30	3.5	2	0	30	70	23	0	18		3	2	0	10	0	M,E
Peanut Butter 92072	83	140	45	5	2.5	0	10	110	19	1	15		4	2	2	10	0	M,P
Reese's™ Peanut Butter 92413	83	140	45	4.5	2	0	10	105	19	0	15		4	2	2	10	0	M,P
NSA Frozen Yogurt																		
Blueberry 92393	83	70	0	0	0	0	5	80	18	3	6	3	3	0	2	15	0	M
Cheesecake 92403	83	80	0	0	0	0	5	80	19	3	6	3	3	0	2	15	0	M
Chocolate 92390	83	90	5	0	0	0	5	95	20	3	6	2	4	0	2	15	2	M
Coffee 92398	83	80	0	0	0	0	5	85	19	3	6	2	4	0	2	15	0	M
Mint 92404	83	80	0	0	0	0	5	85	19	3	6	2	4	0	2	15	0	M,E ²
Plain 92397	83	80	0	0	0	0	5	85	19	3	6	2	4	0	2	15	0	M
Praline 92399	83	80	0	0	0	0	5	85	19	3	6	2	3	0	2	15	0	M
Raspberry 92394	83	70	0	0	0	0	0	75	17	3	6	3	3	0	2	15	0	M
Strawberry 92392	83	70	0	0	0	0	0	75	18	3	6	3	3	0	2	10	0	M
Strawberry Banana 92396	83	80	0	0	0	0	5	80	18	3	6	3	3	0	2	15	0	M
Vanilla 92391	83	80	0	0	0	0	5	85	19	3	6	2	4	0	2	15	0	M
Non-Dairy Sorbet																		
Fruit Punch 92431	83	80	0	0	0	0	0	0	21	0	15		0	2	2	0	0	
Ginger Lemonade 92370	83	80	0	0	0	0	0	0	21	0	14		0	0	0	0	0	
Jolly Rancher™ TT Fruit Punch 92431	83	80	0	0	0	0	0	0	21	0	15		0	2	2	0	0	
Jolly Rancher™ TT Pomegranate Raspberry 92430	83	100	0	0	0	0	0	0	23	0	18		0	0	2	0	0	
Key Lime 92377	83	90	0	0	0	0	0	0	23	0	17		0	0	4	0	0	
Kiwi Strawberry 92374	83	90	0	0	0	0	0	0	21	0	15		0	0	2	0	0	
Mango Tango 92371	83	80	0	0	0	0	0	0	21	0	15		0	2	2	0	0	
Orange Burst 92375	83	90	0	0	0	0	0	0	23	0	17		0	0	20	0	0	
Pomegranate Raspberry 92430	83	100	0	0	0	0	0	0	23	0	18		0	0	2	0	0	
Strawberry Lemonade 92378	83	90	0	0	0	0	0	0	22	0	16		0	0	10	0	0	
Pink Lemonade 80000	83	80	0	0	0	0	0	0	21	0	15		0	0	4	0	0	
Very Berry 92368	83	90	0	0	0	0	0	0	22	1	16		0	0	4	0	0	
Watermelon 92379	83	90	0	0	0	0	0	0	22	0	16		0	0	2	0	0	