


|  The Country's Best Yogurt.® Nutritional Information Soft Serve Frozen Yogurt Based on 4 fl. oz. (1/2 cup) serving | Gram Weight (g) | Calories (kcal) | Calories from Fat (kcal) | | Fat (g) | % DV Fat | Saturated Fat (g) | % DV Saturated Fat | Trans Fat (g) | Cholesterol (mg) | % DV Cholesterol | Sodium (mg) | % DV Sodium | Carbohydrates (g) | % DV Carbohydrates | Dietary Fiber (g) | % DV Dietary Fiber | Total Sugars (g) | Protein (g) | % DV Vitamin A | % DV Calcium | % DV Vitamin C | % DV Iron | % DV Vitamin D |
|--|--|-----------------|--------------------------|-----|---------|----------|-------------------|--------------------|---------------|------------------|------------------|-------------|-------------|-------------------|--------------------|-------------------|--------------------|------------------|-------------|----------------|--------------|----------------|-----------|----------------|
| | Information on Daily Values is Rounded According to FDA Guidelines | | | | | | | | | | | | | | | | | | | | | | | |
| Golden Vanilla | 95 | 120 | 15 | 2 | 3% | 1 | 5% | 0 | 5 | 2% | 65 | 3% | 23 | 8% | 3 | 12% | 17 | 4 | 10% | 20% | 2% | 0% | 20% | |
| Chocolate | 95 | 110 | 15 | 1.5 | 2% | 1 | 5% | 0 | 5 | 2% | 90 | 4% | 23 | 8% | 3 | 12% | 18 | 4 | 10% | 20% | 2% | 4% | 20% | |
| Strawberry | 95 | 110 | 15 | 2 | 3% | 1 | 8% | 0 | 5 | 2% | 70 | 3% | 23 | 8% | 3 | 12% | 17 | 4 | 10% | 20% | 2% | 0% | 20% | |
| Old Fashioned Vanilla | 95 | 110 | 5 | 0 | 0% | 0 | 0% | 0 | 0 | 0% | 65 | 3% | 23 | 8% | 3 | 12% | 17 | 4 | 10% | 20% | 2% | 0% | 20% | |
| Fat Free Dutch Chocolate | 95 | 100 | 5 | 0 | 0% | 0 | 0% | 0 | 0 | 0% | 65 | 3% | 24 | 8% | 4 | 16% | 16 | 4 | 10% | 20% | 2% | 4% | 20% | |
| Peanut Butter | 95 | 130 | 15 | 2 | 2% | 1 | 3% | 0 | 0 | 0% | 95 | 4% | 26 | 9% | 3 | 12% | 20 | 4 | 10% | 20% | 2% | 0% | 20% | |
| White Chocolate Mousse | 95 | 120 | 15 | 2 | 3% | 1 | 8% | 0 | 5 | 2% | 65 | 3% | 23 | 8% | 3 | 12% | 17 | 4 | 10% | 20% | 2% | 0% | 20% | |
| Cheesecake | 95 | 110 | 15 | 2 | 3% | 1 | 5% | 0 | 5 | 2% | 65 | 3% | 23 | 8% | 3 | 12% | 17 | 4 | 10% | 20% | 2% | 0% | 20% | |
| NSA Chocolate | 95 | 70 | 5 | 0 | 0% | 0 | 0% | 0 | 0 | 0% | 70 | 3% | 21 | 7% | 6 | 24% | 6 | 4 | 10% | 20% | 2% | 4% | 20% | |
| NSA Fat Free Strawberry | 95 | 80 | 5 | 0 | 0% | 0 | 0% | 0 | 0 | 0% | 70 | 3% | 22 | 7% | 4 | 16% | 6 | 4 | 10% | 20% | 2% | 0% | 20% | |
| NSA Vanilla | 95 | 80 | 5 | 0 | 0% | 0 | 0% | 0 | 0 | 0% | 65 | 3% | 21 | 7% | 4 | 16% | 6 | 4 | 10% | 20% | 2% | 0% | 20% | |
| NSA Fat Free Peach | 95 | 80 | 5 | 0 | 0% | 0 | 0% | 0 | 0 | 0% | 65 | 3% | 21 | 7% | 4 | 16% | 6 | 4 | 10% | 20% | 2% | 0% | 20% | |
| NSA White Chocolate Macadamia | 95 | 80 | 5 | 0 | 0% | 0 | 0% | 0 | 0 | 0% | 65 | 3% | 21 | 7% | 4 | 16% | 6 | 4 | 10% | 20% | 2% | 0% | 20% | |
| NSA Fat Free Mountain Blackberry | 95 | 80 | 5 | 0 | 0% | 0 | 0% | 0 | 0 | 0% | 70 | 3% | 22 | 7% | 4 | 16% | 6 | 4 | 10% | 20% | 2% | 0% | 20% | |
| Raspberry Sorbet | 95 | 100 | 0 | 0 | 0% | 0 | 0% | 0 | 0 | 0% | 10 | 0% | 25 | 8% | 0 | 0% | 19 | 0 | 0% | 0% | 0% | 0% | 0% | |
| Orange Sorbet | 95 | 100 | 0 | 0 | 0% | 0 | 0% | 0 | 0 | 0% | 15 | 1% | 25 | 8% | 0 | 0% | 19 | 0 | 0% | 0% | 0% | 0% | 0% | |
| Mango Sorbet | 95 | 110 | 0 | 0 | 0% | 0 | 0% | 0 | 0 | 0% | 10 | 1% | 26 | 9% | 0 | 1% | 21 | 0 | 4% | 0% | 2% | 0% | 0% | |
| Strawberry Kiwi Sorbet | 95 | 100 | 0 | 0 | 0% | 0 | 0% | 0 | 0 | 0% | 15 | 1% | 24 | 8% | 0 | 0% | 19 | 0 | 0% | 0% | 0% | 0% | 0% | |
| Coffee | 95 | 120 | 15 | 2 | 2% | 1 | 5% | 0 | 5 | 2% | 80 | 3% | 23 | 8% | 3 | 12% | 17 | 4 | 10% | 20% | 2% | 0% | 20% | |
| Classic Tart | 95 | 90 | 5 | 0 | 0% | 0 | 0% | 0 | 0 | 0% | 60 | 3% | 21 | 7% | 2 | 8% | 17 | 3 | 10% | 20% | 2% | 0% | 20% | |
| Cake Batter | 95 | 120 | 15 | 2 | 3% | 1 | 8% | 0 | 5 | 2% | 65 | 3% | 23 | 8% | 3 | 12% | 17 | 4 | 10% | 20% | 2% | 0% | 20% | |
| Pumpkin Pie - Seasonal | 95 | 120 | 15 | 2 | 3% | 1 | 5% | 0 | 5 | 2% | 65 | 3% | 23 | 8% | 3 | 12% | 17 | 4 | 10% | 20% | 2% | 0% | 20% | |
| Eggnog - Seasonal | 95 | 120 | 15 | 2 | 3% | 1 | 5% | 0 | 10 | 3% | 65 | 3% | 24 | 8% | 3 | 12% | 17 | 4 | 10% | 20% | 2% | 0% | 20% | |
| Hot Chocolate - Seasonal | 95 | 120 | 15 | 2 | 3% | 1 | 5% | 0 | 5 | 2% | 65 | 3% | 24 | 8% | 3 | 12% | 17 | 4 | 10% | 20% | 2% | 4% | 20% | |
| Cinnamon Bun Twist - Seasonal | 95 | 120 | 15 | 2 | 3% | 1 | 5% | 0 | 5 | 2% | 65 | 3% | 23 | 8% | 3 | 12% | 17 | 4 | 10% | 20% | 2% | 0% | 20% | |
| Butter Pecan - Seasonal | 95 | 120 | 15 | 2 | 3% | 1 | 8% | 0 | 5 | 2% | 65 | 3% | 23 | 8% | 3 | 12% | 17 | 4 | 10% | 20% | 2% | 0% | 20% | |
| Bubble Gum - Seasonal | 95 | 120 | 15 | 2 | 3% | 1 | 5% | 0 | 5 | 2% | 65 | 3% | 24 | 8% | 3 | 12% | 17 | 4 | 10% | 20% | 2% | 0% | 20% | |
| Watermelon Sorbet - Seasonal | 95 | 100 | 0 | 0 | 0% | 0 | 0% | 0 | 0 | 0% | 15 | 1% | 25 | 8% | 0 | 0% | 19 | 0 | 0% | 0% | 0% | 0% | 0% | |
| Grapefruit Sorbet - Seasonal | 95 | 100 | 0 | 0 | 0% | 0 | 0% | 0 | 0 | 0% | 10 | 0% | 24 | 8% | 0 | 0% | 19 | 0 | 0% | 0% | 0% | 0% | 0% | |
| Cup Size | Servings | | | | | | | | | | | | | | | | | | | | | | | |
| Kid's | 0.90 servings | | | | | | | | | | | | | | | | | | | | | | | |
| Small | 2.15 Servings | | | | | | | | | | | | | | | | | | | | | | | |
| Regular | 2.75 Serving | | | | | | | | | | | | | | | | | | | | | | | |
| Large | 3.35 Servings | | | | | | | | | | | | | | | | | | | | | | | |
| Extra Large | 4.75 Servings | | | | | | | | | | | | | | | | | | | | | | | |

Serving sizes based on standard store procedures. Variations may occur at individual stores. Products manufactured on equipment that processes tree nuts and peanuts