



## Nutritional Fact Sheet

Frozen Yogurt Standard Serving Sizes are Small - 5.5 ounces Regular - 7.5 ounces Large - 11.5 ounces (Toppings value not included)	Per Unit	Calories	Fat Calories	Total Fat (g)	Sat. Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Dietary Fiber (g)	Sugar (g)	Sugar Alcohol (g)	Protein (g)
FreshBerry Tart * ♡	1 oz	35	0	0	0	0	18	7	0	6	0	1
Decadent Dark Chocolate * ♡	1 oz	39	0	0	0	0	21	8	0	6	0	1
Vanilla No Sugar Added * ♡	1 oz	25	0	0	0	0	25	5	0	2	1	1
Classic Strawberry *	1 oz	38	9	1	1	2	21	6	0	5	0	1
Pomegranate * ♡	1 oz	35	0	0	0	0	18	7	0	6	0	1
Acai Berry * ♡	1 oz	35	0	0	0	0	18	7	0	6	0	1
Mango * ♡	1 oz	35	0	0	0	0	18	7	0	6	0	1
Creamy Pomegranate No Sugar Added * ♡	1 oz	25	0	0	0	0	25	5	0	2	1	1
Creamy Acai Berry No Sugar Added * ♡	1 oz	25	0	0	0	0	25	5	0	2	1	1
Creamy Mango No Sugar Added * ♡	1 oz	25	0	0	0	0	25	5	0	2	1	1
<b>Smoothies</b>												
FreshBerry Tart Base * ♡ †	20 oz	283	0	0	0	0	142	57	0	46	0	10
NSA Vanilla Base * ♡ †	20 oz	202	0	0	0	0	202	40	0	15	10	10
Supplement – Fiber Fuel (Apple Pectin)	1 scoop	40	0	0	0	0	115	9	6	0	0	1
Supplement – Pure Protein	1 scoop	143	14	1.7	1.1	17.2	74	3	0	2.8	0	28.6
<b>Freshpops</b>												
Banana ♡ ☆	1 ea	88	1	0	0	0	28	20	1	15	0	3
Blueberry ♡ ☆	1 ea	78	1	0	0	0	29	17	1	15	0	2
Kiwi ♡ ☆	1 ea	80	1	0	0	0	29	18	1	15	0	3
Mango ♡ ☆	1 ea	85	0	0	0	0	30	17	0	17	0	2
Mixed Berries ♡ ☆	1 ea	77	1	0	0	0	28	17	2	13	0	3
Orange ♡ ☆	1 ea	79	0	0	0	0	31	17	0	15	0	3
Pineapple ♡ ☆	1 ea	76	1	0	0	0	28	17	0	15	0	2
Strawberry ♡ ☆	1 ea	71	1	0	0	0	28	15	1	13	0	2
<b>Toppings</b>												
Almonds	1 oz	162	128	14	1	0	10	6	3	1	0	6
Banana	1 oz	26	1	0	0	0	0	7	1	3	0	0
Blackberries	1 oz	15	1	0	0	0	0	4	2	1	0	0
Blueberries	1 oz	16	1	0	0	0	2	4	1	3	0	0
Cap'n Crunch	1 oz	115	14	2	1	0	210	24	1	13	0	1
Chocolate Chips - Milk	1 oz	132	77	9	6	9	19	17	2	15	0	2
Chocolate Chips - White	1 oz	151	68	8	7	0	57	17	0	17	0	2
Coconut	1 oz	132	85	9	9	0	76	13	2	13	0	0
Fruitie Febbles	1 oz	104	9	1	1	0	170	25	3	10	0	1
Graham Cracker	1 oz	120	23	3	0	0	189	22	1	7	0	2
Granola	1 oz	108	12	1	0	0	108	23	1	9	0	2
Gummy Bears	1 oz	99	0	0	0	0	25	24	0	17	0	1
Kiwi	1 oz	17	1	0	0	0	1	4	1	3	0	0
M & M's	1 oz	142	55	6	4	0	17	20	1	18	0	1
Mandarin Oranges	1 oz	16	0	0	0	0	3	4	0	3	0	0
Mango	1 oz	22	0	0	0	0	2	3	0	5	0	0
Maraschino Cherry	1 oz	57	0	0	0	0	0	11	0	0	0	0
Mochi Rice Cake	1 oz	106	0	0	0	0	59	26	0	9	0	1
Oreo	1 oz	136	47	5	2	0	136	20	1	12	0	1
Pecan Candied	1 oz	191	147	16	1	0	35	10	2	6	0	2
Pineapple	1 oz	14	1	0	0	0	0	4	0	3	0	0
Raspberries	1 oz	14	1	0	0	0	0	3	2	1	0	0
Reese's Peanut Butter Pieces	1 oz	145	65	7	4	0	55	17	1	15	0	4
Strawberries	1 oz	9	1	0	0	0	0	2	1	1	0	0

♡ Gluten Free and Contains Live active cultures: *L. Bulgaricus*, *L. Acidophilus* and *S. Thermophilus*.

\* Frozen Yogurt weight may vary.

† Fruit Toppings value not included. Smoothies made with choice of 2 fruits.

☆ Fat content may vary per location.