

Yo Mama! Frozen Yogurt Nutritional Fact Sheet



	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Sugar Alcohols (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)	Allergens
<i>nonfat frozen yogurt</i>																		
Alpine Vanilla	83	100	0	0	0	0	5	75	22	0	18		3	0	0	10	0	M
Angel Food Cake	83	110	0	0	0	0	0	30	25	0	19		1	0	0	4	0	M,E,W
Apple Pie	83	100	0	0	0	0	0	70	21	0	17		3	0	0	10	0	M
Blueberry Burst	83	100	0	0	0	0	0	70	22	0	17		3	0	0	10	0	M
Cappuccino	83	100	0	0	0	0	5	85	21	0	16		4	0	2	15	2	M
Cookies & Cream	83	110	5	0	0	0	0	90	25	0	18		3	0	0	10	2	M,E,S,W
Eggnog	83	110	5	0	0	0	5	75	23	0	18		2	0	0	10	0	M,E
Georgia Peach	83	100	0	0	0	0	0	65	23	0	18		2	2	8	10	0	M
Gingerbread	83	100	0	0	0	0	0	80	22	0	18		3	0	0	10	0	M
Greek Style Touch of Honey	83	90	0	0	0	0	0	60	15	0	10		7	4	0	15	0	M
Irish Mint	83	100	0	0	0	0	5	70	22	0	18		3	0	0	10	0	M,E
Island Banana	83	100	0	0	0	0	5	80	21	0	17		3	0	2	10	0	M
Mountain Blackberry	83	110	0	0	0	0	0	65	23	0	19		3	0	2	10	0	m
New York Cheesecake	83	100	5	0	0	0	10	80	22	0	18		3	0	2	10	0	M,E
Outrageous Orange	83	100	0	0	0	0	5	80	22	0	18		3	0	2	10	0	M
Pecan Praline	83	110	0	0	0	0	5	85	23	0	18		3	0	2	10	0	M,TN
Peppermint Stick	83	100	0	0	0	0	5	70	20	0	17		3	0	0	10	0	M
Pineapple	83	100	0	0	0	0	0	65	22	0	18		3	0	4	10	0	M
Pistachio	83	100	0	0	0	0	5	75	22	0	18		3	0	0	10	0	M
Pumpkin	83	110	0	0	0	0	5	80	23	0	18		3	2	2	10	0	M
Rootbeer Float	83	100	0	0	0	0	5	80	22	0	18		3	0	0	10	0	M
Snickerdoodle	83	100	0	0	0	0	5	70	20	0	17		3	0	0	10	0	M
Very Raspberry	83	100	0	0	0	0	0	70	23	0	17		2	0	0	10	0	M
Very Strawberry	83	100	0	0	0	0	0	65	20	0	17		3	0	4	10	0	M
White Chocolate Macadamia	83	100	0	0	0	0	5	75	21	0	18		3	0	0	10	0	M
<i>original tart™ nonfat frozen yogurt</i>																		
Blueberry Acai Original Tart	83	110	0	0	0	0	0	55	23	0	18		3	2	2	10	0	M
Green Tea Original Tart	83	90	0	0	0	0	0	60	20	0	15		3	2	0	10	0	M
Original Tart	83	90	0	0	0	0	0	65	20	0	15		3	2	2	10	0	M
Peach Mango Original Tart	83	100	0	0	0	0	0	55	22	0	18		3	8	10	10	0	M
Pom Raspberry Original Tart	83	100	0	0	0	0	0	60	22	0	17		3	2	2	10	0	M
Wild Berry Original Tart	83	100	0	0	0	0	0	50	21	0	16		3	2	6	10	0	M
Zesty Orange Original Tart	83	100	0	0	0	0	0	55	22	0	18		3	2	25	10	0	M
Eurotart™ Pink Grapefruit	83	90	0	0	0	0	0	25	19	0	13		2	0	0	6	0	M
<i>premium frozen yogurt</i>																		
Cake Batter	83	130	25	3	2	0	35	75	22	0	17		3	2	0	10	0	M,E,W
Dulce De Leche (Caramel)	83	140	30	3.5	2	0	30	65	23	0	18		3	4	2	10	0	M,E
Dutch Chocolate	83	130	35	4	2.5	0	15	75	19	1	14		4	4	0	10	8	M
French Vanilla	83	110	25	3	1.5	0	30	80	18	0	14		3	2	2	10	0	M,E
Peanut Butter	83	140	45	5	2.5	0	10	110	19	1	15		4	2	2	10	0	M,P
Red Velvet Cake	83	140	25	3	2	0	20	90	25	0	19		3	2	0	10	2	M,E,W
Sweet Coconut	83	110	10	1	1	0	0	65	22	0	18		3	0	0	10	0	M,S,TN
<i>no-sugar-added frozen yogurt</i>																		
Chocolate	83	90	5	0	0	0	5	100	20	3	6	2	4	0	2	15	2	M
Raspberry	83	70	0	0	0	0	0	80	17	3	6	3	4	0	2	15	0	M
Strawberry Banana	83	80	0	0	0	0	5	80	18	3	6	3	4	0	2	15	0	M
Vanilla	83	80	0	0	0	0	5	85	19	3	6	2	4	0	2	15	0	M
<i>sorbet non-dairy</i>																		
Ginger Lemonade Sorbet	83	80	0	0	0	0	0	0	21	0	14		0	0	0	0	0	
Key Lime Sorbet	83	90	0	0	0	0	0	0	23	0	17		0	0	4	0	0	
Kiwi Strawberry Splash Sorbet	83	80	0	0	0	0	0	0	21	0	15		0	0	4	0	0	
Mango Tango Sorbet	83	80	0	0	0	0	0	0	21	0	15		0	2	2	0	0	
Orange Burst Sorbet	83	90	0	0	0	0	0	0	23	0	17		0	0	20	0	0	
Strawberry Lemonade Sorbet	83	90	0	0	0	0	0	0	22	0	16		0	0	10	0	0	
Very Berry Sorbet	83	90	0	0	0	0	0	0	22	1	16		0	0	4	0	0	
Watermelon Sorbet	83	90	0	0	0	0	0	0	22	0	16		0	0	2	0	0	

Product Allergen Information:

Milk (M), Egg (E), Peanut (P), Soy (S), Tree Nut (TN), Wheat Gluten (W)