


Peachwave Frozen Yogurt Nutritional Information

Serving Size is based on 3 oz (84 g)


*Percent Daily Values (%DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs

	calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (mg)	Sugars (g)	Protein (g)	%Vitamin A	%Vitamin C	Calcium	Iron	Gluten Free
Banana	96	0	0	0	0	4mg	71mg	23g	0	19g	2g	2%	0%	11%	0%	✓
Banana Bread	94	1	0	0	0	4mg	90mg	22g	0	17g	2g	2%	0%	11%	0%	
Blueberry	82	0	0	0	0	0	50mg	19g	0	17g	2g	2%	32%	8%	0%	✓
Blueberry Muffin	108	3	0	0	0	4mg	101mg	25g	0	16g	2g	2%	0%	11%	0%	✓
Blue Moon	81	0	0	0	0	0	54mg	19g	0	16g	2g	2%	32%	8%	0%	✓
Boysenberry	81	0	0	0	0	0	53mg	19g	0	16g	2g	3%	33%	9%	0%	✓
Bread Pudding	102	5	0	0	0	4mg	99mg	23g	0	17g	2g	2%	0%	11%	0%	
Bubble Gum	92	0	0	0	0	4mg	74mg	22g	0	19g	2g	2%	0%	11%	0%	✓
Butter Pecan	92	0	0	0	0	4mg	96mg	22g	0	18g	2g	2%	0%	12%	0%	✓
Caramel Apple	94	0	0	0	0	4mg	75mg	22g	0	19g	2g	2%	0%	11%	0%	✓
Chocolate	80	4	0	0	0	0	75mg	18g	0	15g	2g	2%	0%	11%	4%	✓
Chocolate Coconut Truffle	100	4	0	0	0	0	83mg	22g	0	17g	2g	2%	0%	11%	4%	✓
Chocolate Raspberry	92	4	0	0	0	0	75mg	18g	0	15g	2g	2%	0%	11%	4%	✓
Cheesecake	112	32	3g	1g	0	4mg	111mg	20g	0	17g	3g	4%	0%	11%	0%	✓
Coconut	100	0	0	0	0	4mg	78mg	23g	0	18g	2g	2%	0%	11%	0%	✓
Coffee	90	3	0	0	0	4mg	71mg	21g	0	17g	2g	2%	0%	11%	0%	✓
Cookies 'n Cream	95	7	1g	1g	0	4mg	82mg	21g	0	17g	2g	2%	0%	12%	1%	
Cotton Candy	94	0	0	0	0	4mg	74mg	22g	0	19g	2g	2%	0%	11%	0%	✓
Crème de Menthe	98	0	0	0	0	4mg	71mg	23g	0	20g	2g	2%	0%	11%	0%	✓
Cupcake	98	3	0	0	0	4mg	101mg	23g	0	18g	2g	2%	0%	11%	0%	
Eggnog	153	36	4g	0	0	36mg	99mg	26g	0	21g	4g	4%	1%	18%	0%	✓
Fudge Brownie	99	8	0	0	0	0	89mg	22g	0	18g	2g	2%	0%	11%	5%	
Gingerbread	95	0	0	0	0	4mg	74mg	22g	0	19g	2g	2%	0%	11%	0%	✓
Green Apple	83	0	0	0	0	0	65mg	19g	0	17g	2g	2%	32%	0%	0%	✓
Green Tea	90	0	0	0	0	0	54mg	21g	0	17g	2g	2%	32%	8%	0%	✓
Guava	84	0	0	0	0	0	49mg	19g	0	14g	2g	2%	32%	8%	0%	✓
Kahlua	94	0	0	0	0	4mg	70mg	23g	0	20g	2g	2%	0%	11%	0%	✓
Key Lime Pie	113	19	2g	0	0	4mg	100mg	22g	0	19g	2g	3%	0%	11%	0%	✓
Kiwi	83	0	0	0	0	0	57mg	22g	0	19g	2g	2%	32%	8%	0%	✓
Lemon	83	0	0	0	0	0	70mg	19g	0	17g	2g	2%	34%	8%	0%	✓
Mango	85	0	0	0	0	0	58mg	20g	0	17g	2g	5%	33%	8%	0%	✓
Mint Chocolate	98	4	0	0	0	0	76mg	22g	0	19g	2g	2%	0%	11%	4%	✓
Nutella	121	21	2g	1g	0	4mg	73mg	24g	0	20g	3g	2%	0%	12%	1%	✓
Orange	82	0	0	0	0	0	65mg	19g	0	17g	2g	2%	35%	8%	0%	✓
Orange (Non-Dairy)	60	4	0	0	0	0	8mg	14g	0	14g	0	0%	0%	0%	0%	✓
Orange Creamsicle	92	0	0	0	0	4mg	86mg	22g	0	19g	2g	2%	3%	11%	0%	✓
Peanut Butter	125	32	4g	1g	0	4mg	100mg	20g	0	17g	4g	2%	0%	11%	1%	✓
Peach	83	0	0	0	0	0	65mg	19g	0	17g	2g	2%	32%	8%	0%	✓
Peaches 'n Cream	99	0	0	0	0	4mg	93mg	24g	0	21g	2g	2%	1%	11%	0%	✓
Peppermint Candy	95	0	0	0	0	4mg	74mg	22g	0	19g	2g	2%	0%	11%	0%	✓
Pineapple (Non-Dairy)	60	4	0	0	0	0	8mg	14g	0	14g	0	0%	0%	0	0%	✓
Pistachio	91	0	0	0	0	4mg	74mg	22g	0	18g	2g	2%	0%	11%	0%	✓
Plain Tart	70	0	0	0	0	0	49mg	16g	0	14g	2g	2%	32%	8%	0%	✓
Pomegranate	86	0	0	0	0	0	50mg	20g	0	18g	2g	2%	32%	8%	0%	✓
Pumpkin Pie	97	0	0	0	0	4mg	71mg	23g	0	19g	2g	2%	0%	11%	0%	✓
Raspberry	82	0	0	0	0	0	49mg	19g	0	17g	2g	2%	32%	8%	0%	✓
Red Velvet Cake	99	4	0	0	0	4mg	98mg	23g	0	18g	2g	2%	0%	12%	1%	
Root Beer Float	95	0	0	0	0	4mg	72mg	23g	0	20g	2g	2%	0%	11%	0%	✓

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Salted Caramel	92	0	0	0	0	4mg	84mg	22g	0	18g	2g	2%	0%	11%	0%	✓
Strawberry	85	0	0	0	0	0	53mg	20g	0	17g	2g	2%	35%	8%	0%	✓
Strawberry Lemonade	83	0	0	0	0	0	51mg	19g	0	17g	2g	2%	35%	8%	0%	✓
Strawberry Shortcake	110	3	0	0	0	4mg	104mg	26g	0	20g	2g	2%	2%	11%	0%	
Taro	95	0	0	0	0	4mg	72mg	23g	0	19g	2g	2%	0%	11%	0%	
Tiramisu	96	0	0	0	0	4mg	72mg	23g	0	19g	2g	2%	0%	11%	0%	✓
Vanilla	80	0	0	0	0	4mg	70mg	19g	0	16g	2g	2%	0%	11%	0%	✓
Watermelon	84	0	0	0	0	0	49mg	19g	0	17g	2g	2%	32%	8%	0%	✓
White Chocolate	96	0	0	0	0	4mg	72mg	22g	0	19g	2g	2%	0%	11%	0%	✓
NSA Caramel	60	0	0	0	0	4mg	64mg	17g	2g	5g	3g	0%	2%	9%	0%	
NSA Cheesecake	98	32	3g	1g	0	4mg	104mg	17g	2g	5g	4g	2%	2%	9%	0%	✓
NSA Coffee	60	0	0	0	0	4mg	66mg	17g	2g	5g	3g	0%	2%	9%	0%	✓
NSA English Toffee	60	0	0	1g	0	4mg	66mg	17g	2g	5g	3g	0%	2%	9%	0%	✓
NSA Kahlua	60	0	0	1g	0	4mg	66mg	17g	2g	5g	3g	0%	2%	9%	0%	✓
NSA Mocha	65	2	0	0	0	4mg	67mg	18g	2g	5g	3g	0%	2%	9%	0%	✓
NSA Vanilla	60	0	0	0	0	4mg	64mg	17g	2g	5g	3g	0%	2%	9%	0%	✓
NSA White Chocolate	73	2	0	0	0	5mg	73mg	20g	2g	5g	3g	0%	2%	9%	0%	✓

*NSA - No Sugar Added

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