

Nutrition Facts per Serving

Serving size: 1/2 cup prepared (83 grams)

	Calories	Calories from fat	Fat	Cholesterol	Sodium	Carbs	Sugar	Protein
Low-Fat Vanilla Frozen Yogurt	90	20	2 g	0 mg	40 mg	18 g	14 g	1 g
Non-Fat Vanilla Frozen Yogurt	80	0	0 g	0 mg	70 mg	20 g	15 g	1 g
Non-Fat Chocolate Frozen Yogurt	80	0	0 g	0 mg	65mg	19 g	16 g	1 g
Plain Tart Base Non-Fat Frozen Yogurt	80	0	0 g	0 mg	20 mg	20 g	17 g	1 g
Fruit Freezer Non-Dairy Sorbet	80	0	0 g	0 mg	15 mg	21 g	11 g	0 g
No Refined Sugar Vanilla Sweetened with Stevia	70	10	1 g	0 mg	100 mg	13 g	7 g	3 g
No Refined Sugar Chocolate Sweetened with Stevia	70	0	< 1 g	0 mg	115 mg	17 g	7 g	2 g