




Nutritional Information - Frozen Desserts

	Serving Weight (oz)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Added Sugars (g)	Protein (g)
	Frozen Desserts											
Low Fat Frozen Yogurt												
Apple Pie Donuts	1	35	0	0	0	0	25	8	0	6	4	1
Asian Green Tea	1	35	0	0	0	0	20	7	0	5	3	1
Baked Apple Stack	1	40	0.5	0	0	5	30	7	0	6	4	1
Cake Batter	1	35	0.5	0	0	5	20	7	0	6	4	1
Caramel Apple Pie	1	35	0	0	0	5	20	7	0	6	4	1
Cookies & Cream	1	40	1	0.5	0	10	30	7	0	6	4	1
Cookie's Sugar Cookie	1	35	0	0	0	0	30	8	0	6	4	1
Dulce de Leche	1	35	0	0	0	5	20	7	0	6	5	1
Eggnog	1	35	0	0	0	5	25	8	0	6	4	1
French Toast	1	40	0	0	0	0	30	8	0	6	4	1
Irish Mint	1	35	0	0	0	5	25	8	0	6	4	1
Milk Chocolate	1	40	0.5	0	0	5	20	8	0	6	3	1
Mocha Latte	1	40	0.5	0	0	0	20	7	0	6	4	1
My Little Cupcake	1	40	1	0.5	0	5	15	8	0	6	5	1
New York Cheesecake*	1	35	0	0	0	5	25	7	0	6	4	1
Oatmeal Cookie	1	40	0	0	0	0	30	9	0	6	4	1
Original Tart	1	30	0	0	0	0	15	6	0	5	3	1
Salted Caramel Popcorn*	1	35	0	0	0	5	40	7	0	6	5	1
Salted Caramel Pretzel*	1	35	0	0	0	5	40	7	0	6	5	1
Scoop's Cake Batter	1	35	0.5	0	0	5	20	7	0	6	4	1
Strawberry Shortcake	1	35	0.5	0	0	5	20	7	0	6	4	1
Sweet Coconut	1	35	0	0	0	0	25	8	0	6	4	1
NonFat Frozen Yogurt												
Apple Pie	1	35	0	0	0	0	25	7	0	6	4	1
Banana Taffy	1	35	0	0	0	0	25	7	0	6	4	1
Berry Blast	1	35	0	0	0	0	25	7	0	6	4	1
Blue Cotton Candy	1	35	0	0	0	0	25	6	0	6	4	1
Cappuccino	1	35	0	0	0	0	25	7	0	6	4	1
Country Vanilla	1	35	0	0	0	0	25	7	0	6	4	1
Crisp Rice Treat	1	35	0	0	0	0	20	8	0	6	5	1
Cruisn' Breeze	1	30	0	0	0	0	10	8	0	6	5	0
Dutch Apple Dumpling	1	30	0	0	0	0	10	8	0	6	5	0
Georgia Peach	1	35	0	0	0	0	25	8	0	6	4	1
Hawaiian Pineapple	1	35	0	0	0	0	25	7	0	6	4	1
Island Banana	1	35	0	0	0	0	25	7	0	6	4	1
Luau Love	1	30	0	0	0	0	10	7	0	6	4	0
Mountain Blackberry	1	35	0	0	0	0	25	7	0	6	4	1
Peach Melba	1	30	0	0	0	0	25	7	0	5	2	1
Peppermint Stick	1	35	0	0	0	0	25	8	0	6	4	1
Pina Colada	1	35	0	0	0	0	25	7	0	6	4	1
Pineapple Upside Down Cake	1	35	0	0	0	5	20	7	0	6	4	1
Pistachio*	1	35	0	0	0	0	25	8	0	6	4	1
POGsicle	1	30	0	0	0	0	15	7	0	6	5	0
Pomberry Punch	1	35	0	0	0	0	15	7	0	6	5	0
Pomegranate Raspberry Tart	1	40	0	0	0	0	20	8	0	7	5	1


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NonFat Frozen Yogurt												
Pool Party Punch	1	30	0	0	0	0	15	7	0	6	5	0
Pumpkin Bread Batter	1	35	0	0	0	5	20	7	0	6	4	1
Pumpkin Pie	1	35	0	0	0	0	25	8	0	6	4	1
Purple Berry Bomb	1	30	0	0	0	0	25	6	0	4	2	1
Taro	1	30	0	0	0	0	25	7	0	3	0	1
Toasted Marshmallow	1	35	0	0	0	0	20	7	0	6	5	1
Vanilla	1	35	0	0	0	0	25	7	0	6	4	1
Very Raspberry	1	35	0	0	0	0	25	7	0	6	4	1
Very Strawberry	1	35	0	0	0	0	25	7	0	6	4	1
Gelato												
Caramel Sea Salt	1	40	0.5	0	0	5	40	8	0	7	5	1
Chocolate	1	50	2	1.5	0	10	10	7	0	5	4	1
Cold Brew Coffee	1	40	1	1	0	5	20	6	0	5	4	1
Cookies and Cold Brew	1	50	1.5	1	0	5	25	7	0	6	4	1
Hazelnut*	1	45	2	1.5	0	10	15	7	0	5	4	1
Horchata	1	35	1	1	0	0	35	6	0	4	3	0
Pistachio*	1	45	2	1.5	0	10	15	7	0	5	4	1
Vanilla Bean	1	45	2	1.5	0	10	15	7	0	5	4	1
Dairy Free Sorbet												
Chocolate Fudge	1	35	0	0	0	0	0	9	0	5	5	0
Green Apple	1	30	0	0	0	0	0	8	0	5	5	0
Hawaiian Passion Mango	1	30	0	0	0	0	0	7	0	5	5	0
Mango	1	30	0	0	0	0	0	7	0	5	5	0
Passion Orange Guava	1	30	0	0	0	0	0	7	0	5	5	0
Pomegranate Raspberry	1	35	0	0	0	0	0	8	0	6	6	0
Strawberry Kiwi*	1	30	0	0	0	0	0	7	0	5	5	0
Strawberry Lemonade	1	30	0	0	0	0	0	7	0	5	5	0
Tropical Watermelon Sorbet*	1	30	0	0	0	0	0	7	0	5	5	0
Watermelon*	1	30	0	0	0	0	0	7	0	5	5	0
No Sugar Added												
NSA Cheesecake*	1	30	0	0	0	0	25	6	0	3	0	1
NSA Chocolate	1	30	0	0	0	0	30	7	0	3	0	1
NSA Raspberry	1	30	0	0	0	0	30	6	0	3	0	1
NSA Strawberry	1	25	0	0	0	0	25	6	0	2	0	1
NSA Strawberry Banana	1	30	0	0	0	0	25	6	0	3	0	1
NSA Summer Strawberry Cheesecake*	1	25	0	0	0	0	25	6	0	2	0	1
NSA Vanilla	1	30	0	0	0	0	25	6	0	3	0	1
NSA Yellow Cake Batter	1	30	0	0	0	0	25	6	0	3	0	1

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Dole Soft Serve®												
Dole Soft Serve® Cherry*	1	25	0	0	0	0	0	6	0	6	6	0
Dole Soft Serve® Cherry Limeade*	1	25	0	0	0	0	0	6	0	6	6	0
Dole Soft Serve® Lemon	1	25	0	0	0	0	0	6	0	6	6	0
Dole Soft Serve® Lime	1	25	0	0	0	0	0	6	0	6	6	0
Dole Soft Serve® Mango*	1	25	0	0	0	0	0	6	0	6	6	0
Dole Soft Serve® Orange*	1	25	0	0	0	0	0	6	0	6	6	0
Dole Soft Serve® Pineapple	1	25	0	0	0	0	0	6	0	6	6	0
Dole Soft Serve® Pomegranate*	1	25	0	0	0	0	0	6	0	6	6	0
Dole Soft Serve® Raspberry	1	25	0	0	0	0	0	7	0	6	6	0
Dole Soft Serve® Strawberry*	1	25	0	0	0	0	0	6	0	6	6	0
Dole Soft Serve® Watermelon*	1	25	0	0	0	0	0	6	0	6	6	0
Lite Ice Cream												
Campfire Crush	1	45	1	1	0	5	25	8	0	6	4	1
Chocolate	1	40	1.5	1	0	5	20	6	0	5	4	1
Chocolate Chip Cookie	1	50	1.5	1	0	5	25	7	0	6	4	1
Farm Stand Strawberry	1	40	1	0.5	0	5	20	7	0	6	4	1
Fruity Cereal	1	50	1.5	1	0	5	40	9	0	6	3	1
Milk and Cookies	1	50	1.5	1	0	5	25	7	0	6	4	1
Sweet Corn Flake Cereal	1	45	1	1	0	5	30	8	0	6	4	1
Vanilla	1	40	1.5	1	0	5	20	6	0	5	4	1
Frozen Treat												
Banana Cream Pie	1	45	1.5	1	0	10	20	7	0	6	4	1
Banana Nut*	1	40	1	0.5	0	5	20	7	0	6	4	1
Black Raspberry	1	35	0.5	0	0	5	20	7	0	5	3	1
Candy Cane	1	35	0.5	0	0	5	25	7	0	6	4	1
Candy Caramels	1	40	1	0.5	0	5	20	7	0	6	4	1
Caramel Almond Delight	1	40	1	0	0	5	20	7	0	6	4	1
Caramel Nut*	1	40	1	1	0	5	15	7	0	6	4	1
Chocolate	1	45	1	1	0	5	15	8	0	6	5	1
Chocolate Cake	1	45	1	0.5	0	5	20	8	0	6	4	1
Chocolate Caramel Bar	1	40	0.5	0	0	5	20	7	0	5	3	1
Chocolate Caramel Peanut Butter Cup	1	40	1	0.5	0	5	20	7	0	6	4	1
Chocolate Caramels	1	45	1	1	0	5	15	7	0	6	4	1
Chocolate Covered Banana	1	40	1	0.5	0	5	15	7	0	6	4	1
Chocolate Covered Raspberry	1	40	1	0.5	0	5	15	7	0	6	4	1
Chocolate Covered Strawberry	1	40	1	0.5	0	5	15	7	0	6	4	1
Chocolate Hazelnut	1	45	1	0	0	0	20	8	0	7	5	1
Chocolate Macaroon	1	45	1	0.5	0	5	15	7	0	6	4	1
Chocolate Malt	1	40	0	0	0	0	25	8	0	6	4	1
Chocolate PB Cup	1	45	2	1	0	5	20	7	0	5	4	1
Chocolate Peanut Butter Pie	1	45	2	1	0	10	20	7	0	6	4	1
Chocolate S'more	1	40	0.5	0	0	0	20	8	0	6	5	1
Coco Nutty	1	40	1	0	0	0	30	7	0	6	4	1
Cookie Latte	1	40	1	0.5	0	5	25	7	0	5	2	1

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	Frozen Treat											
Crème Brulee	1	50	2	1	0	15	15	7	0	6	4	1
Double Chocolate Hazelnut*	1	45	1.5	1	0	5	15	7	0	6	4	1
Hawaiian Wedding Cake	1	40	1	0.5	0	5	15	7	0	6	5	1
Hazelnut Cheesecake*	1	40	1	0.5	0	5	20	7	0	6	4	1
Hazelnut Crème*	1	45	1.5	1	0	5	15	7	0	5	4	1
Homemade Peanut Butter Cookie	1	40	1	0	0	5	35	7	0	5	4	1
Mississippi Mud Pie	1	40	1	0	0	0	20	7	0	6	4	1
Nuts for Cake*	1	40	1	1	0	5	15	7	0	6	4	1
Peach Souffle	1	45	1.5	1	0	10	20	7	0	6	4	1
Peanut Butter	1	40	1.5	0.5	0	5	30	6	0	5	3	1
Pistachio Mint*	1	40	1	0.5	0	5	20	7	0	6	4	1
Pistachio Nut Cake*	1	40	1	1	0	5	15	7	0	6	4	1
Salted Caramel Brownie*	1	40	1	0.5	0	5	45	7	0	6	4	1
Toasted Marshmallow Fudge	1	40	1	0.5	0	5	15	7	0	6	4	1
Triple Decker Bar	1	40	1	0.5	0	5	20	7	0	6	4	1
Tropical Cream	1	35	0.5	0	0	5	10	7	0	5	4	1
White Vanilla	1	40	1	0.5	0	10	20	6	0	5	3	1

Percentage Daily Values are based on a 2,000 calorie diet. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

The Nutritional Information sweetFrog® has provided is based on standard product formulations. Product variations may occur based on regional differences, ingredient substitutions, seasonal conditions, differences in product preparation at the store and suppliers. Some items listed may not be available in all stores. This list may not include test products, limited time offers, custom orders, self-service orders and regional menu variations.

* Name only denotes flavor and may not indicate the presence of any ingredient.