

Nutritional Information

	Serving Weight (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Sugar Alcohols (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)	Allergens
Gelato																		
Banana Flambe	83	140	50	6	3.5	0	20	55	20	0	16	0	2	4	0	8	0	M
Caramel Sea Salt	83	110	15	1.5	1	0	20	130	23	0	19	0	2	0	0	8	0	M,E
Chocolate	83	140	50	6	4	0	20	45	21	0	15	0	2	4	0	8	6	M
Cold Brew Coffee	83	140	50	6	3.5	0	20	55	20	0	16	0	2	4	0	8	0	M
Hazelnut	83	140	50	6	3.5	0	20	55	20	0	16	0	2	4	0	8	0	M
Pistachio	83	120	30	3.5	2	0	15	60	19	0	15	0	3	2	0	10	0	M
Tiramisu	83	140	50	6	3.5	0	20	55	20	0	16	0	2	4	0	8	0	M
Vanilla Bean	83	140	50	6	3.5	0	20	55	20	0	16	0	2	4	0	8	0	M
Low Fat																		
Cake Batter	83	110	15	1.5	1	0	15	60	21	0	17	0	3	0	0	10	0	M,E
Chocolate	83	130	25	3	2	0	10	45	23	0	18	0	3	2	0	10	6	M
Chocolate Caramel Turtle	83	120	15	1.5	1	0	5	100	25	0	19	0	2	0	0	10	0	M
Dulce de Leche	83	110	10	1.5	1	0	20	70	22	0	18	0	2	0	0	10	0	M,E
Fudge Brownie Batter	83	110	5	0.5	0	0	5	60	24	0	19	0	3	0	0	10	4	M,E
Red Velvet	83	110	15	1.5	1	0	10	55	22	0	17	0	2	0	0	8	0	M,E
Salted Caramel Pretzel	83	110	10	1.5	1	0	20	120	22	0	18	0	2	2	0	10	0	M,E
S'more	83	110	10	1	0.5	0	5	60	22	0	18	0	3	0	0	10	2	E, M
Strawberry Shortcake	83	100	10	1.5	1	0	15	60	20	0	17	0	3	0	0	10	0	M,E
Sweet Coconut	83	100	5	0.5	0.5	0	0	70	22	0	19	0	3	0	0	10	0	M, TN
Original Tart	83	90	5	1	0	0	5	40	18	0	15	0	4	0	0	15	0	M
NonFat																		
Apple Pie	83	100	5	0	0	0	0	70	22	0	18	0	3	0	0	10	0	M
Blue Cotton Candy	83	100	0	0	0	0	0	75	22	0	18	0	3	0	0	10	0	M
Cappuccino	83	100	5	0	0	0	0	75	21	0	18	0	3	0	0	10	0	M
Cookies & Cream	83	90	5	0	0	0	5	95	20	0	8	5	3	0	0	15	0	M,S,W
Country Vanilla	83	100	5	0	0	0	0	75	22	0	18	0	3	0	0	10	0	M
Creamsicle	83	90	0	0	0	0	5	45	20	0	11	3	2	0	2	8	0	M
Creamy Mint Cookie	83	110	5	0	0	0	0	80	24	0	18	0	3	0	0	10	0	M,E,W
Crisp Rice Treat	83	110	0	0	0	0	0	65	24	0	18	0	3	2	2	10	4	M,E
Dutch Apple Dumpling	83	100	0	0	0	0	0	35	22	0	17	0	2	0	0	6	0	M
Eggnog	83	100	5	0	0	0	5	70	22	0	19	0	3	0	0	10	0	M,E
Georgia Peach	83	100	5	0	0	0	0	70	22	0	19	0	2	0	10	10	0	M
Graham Cracker	83	100	5	0	0	0	0	75	22	0	18	0	3	0	0	10	0	M
Irish Mint	83	100	5	0	0	0	5	70	22	0	19	0	3	0	0	10	0	M,E
Irish Mint Cookie	83	100	0	0	0	0	5	85	22	0	13	2	3	0	0	15	0	M,E,W
Island Banana	83	100	5	0	0	0	0	70	22	0	18	0	2	0	0	10	0	M
Mountain Blackberry	83	100	0	0	0	0	0	70	22	0	18	0	3	0	0	10	0	M
New York Cheesecake	83	100	5	0	0	0	10	70	21	0	18	0	3	0	0	10	0	M,E
Orchard Cherry	83	100	0	0	0	0	0	70	22	0	19	0	2	0	0	10	0	M
Pecan Praline	83	90	0	0	0	0	0	70	22	0	19	0	2	0	0	10	0	M
Peppermint	83	100	5	0	0	0	0	75	22	0	18	0	3	0	0	10	0	M
Pistachio	83	100	5	0	0	0	0	75	22	0	18	0	3	0	0	10	0	M
Pumpkin Pie	83	100	5	0	0	0	0	75	23	0	18	0	2	2	0	10	0	M
Toasted Marshmallow	83	100	0	0	0	0	0	55	22	0	18	0	3	0	0	10	0	M,E
Very Raspberry	83	100	5	0	0	0	0	70	21	0	18	0	3	0	0	10	0	M
Very Strawberry	83	100	5	0	0	0	0	70	22	0	19	0	2	0	0	10	0	M
White Chocolate Mousse	83	100	5	0	0	0	0	70	23	0	19	0	2	0	0	10	0	M
Dairy Free Sorbet																		
Acai Berry Sorbet	83	90	0	0	0	0	0	0	22	0	16	0	0	0	0	0	0	
Caramelized Pineapple Sorbet	83	90	0	0	0	0	0	0	23	0	13	0	0	0	0	0	0	
Chocolate Fudge Sorbet	83	110	5	0.5	0	0	0	0	25	1	14	0	1	0	0	0	8	
Green Apple Sorbet	83	90	0	0	0	0	0	0	22	0	16	0	0	0	0	0	0	
Key Lime Sorbet	83	90	0	0	0	0	0	0	23	0	16	0	0	0	4	0	0	
Mango Sorbet	83	80	0	0	0	0	0	0	21	0	15	0	0	0	0	0	0	
Orange Splash Sorbet	83	80	0	0	0	0	0	0	21	0	15	0	0	0	4	0	0	
Pink Lemonade Sorbet	83	90	0	0	0	0	0	0	22	0	16	0	0	0	2	0	0	
Raspberry Lime Mojito Sorbet	83	90	0	0	0	0	0	0	21	0	16	0	0	0	0	0	0	
Pomegranate Raspberry Sorbet	83	100	0	0	0	0	0	0	22	0	17	0	0	0	0	0	0	
Strawberry Kiwi Sorbet	83	80	0	0	0	0	0	0	22	0	16	0	0	0	2	0	0	
Strawberry Lemonade Sorbet	83	80	0	0	0	0	0	0	21	0	15	0	0	0	6	0	0	
Very Berry Sorbet	83	80	0	0	0	0	0	0	21	0	16	0	0	0	2	0	0	
Watermelon Sorbet	83	90	0	0	0	0	0	0	22	0	16	0	0	0	0	0	0	
No Sugar Added																		
NSA Blueberry	83	80	0	0	0	0	5	80	17	0	7	4	3	0	0	15	0	M
NSA Cheesecake	83	80	0	0	0	0	5	80	18	0	7	4	3	0	0	15	0	M
NSA Chocolate	83	90	5	0	0	0	5	90	20	0	8	5	4	0	0	15	4	M
NSA Coffee	83	80	0	0	0	0	5	85	18	0	7	4	3	0	2	15	0	M

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NSA Irish Cream	83	80	0	0	0	0	5	85	19	0	7	4	3	0	0	15	0	M
NSA Praline	83	80	0	0	0	0	5	85	19	0	7	5	3	0	0	15	0	M
NSA Raspberry	83	80	0	0	0	0	5	80	17	0	7	4	3	0	0	15	0	M
NSA Strawberry	83	80	0	0	0	0	5	80	17	0	7	4	3	0	0	15	0	M
NSA Strawberry Banana	83	80	0	0	0	0	5	80	18	0	7	4	3	0	2	15	0	M
NSA Vanilla	83	80	0	0	0	0	5	85	18	0	7	5	3	0	0	15	0	M
NSA Yellow Cake Batter	83	80	0	0	0	0	5	85	18	0	7	4	3	0	2	15	0	M
Dole Whip																		
Dole Lemon	91	90	5	0	0	0	0	10	21	0	19	0	0	0	0	0	0	
Dole Lime	91	90	5	0	0	0	0	10	21	0	19	0	0	0	0	0	0	
Dole Mango	91	90	5	0	0	0	0	5	21	0	20	0	0	0	0	0	0	
Dole Orange	91	90	5	0	0	0	0	10	21	0	19	0	0	0	0	0	0	
Dole Pineapple	91	90	5	0	0	0	0	10	21	0	20	0	0	0	0	0	0	
Dole Raspberry	91	90	5	0	0	0	0	5	22	0	21	0	0	0	390	0	0	
Dole Strawberry	91	90	5	0	0	0	0	10	21	0	20	0	0	0	0	0	0	
Ice Cream																		
Chocolate	83	120	35	4	2.5	0	15	55	18	1	14	0	3	2	0	10	6	M
Vanilla	83	120	30	3.5	2.5	0	15	6	19	0	16	0	3	2	0	10	0	M
Other																		
Chocolate Covered Strawberry	83	120	25	3	2	0	10	65	22	0	17	0	2	2	0	10	4	M
Chocolate Peanut Butter Pie	83	140	45	5	3	0	25	65	20	0	16	0	4	4	0	10	2	E,M,P
Peanut Butter	83	120	40	4	1.5	0	5	100	19	1	14	0	4	0	0	10	0	M,P

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.

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