

Nutritional Information

		Serving Weight (oz)	Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
sweetFrog premium frozen yogurt													
Fruit													
Bananas	1	1 serving	25	0	0	0	0	0	6	1	3	0	
Blueberries	0.7	1 serving	10	0	0	0	0	0	3	0	2	0	
Blackberries	0.8	1 serving	10	0	0	0	0	0	2	1	1	0	
Kiwi	1	1 serving	15	0	0	0	0	0	4	1	3	0	
Mango	0.8	1 serving	15	0	0	0	0	0	3	0	3	0	
Pineapple	0.7	1 serving	10	0	0	0	0	0	3	0	2	0	
Raspberries	0.5	1 serving	5	0	0	0	0	0	2	1	1	0	
Strawberries	0.7	1 serving	5	0	0	0	0	0	2	0	1	0	
Boba Poppers													
Blueberry	0.9	1 serving	25	0	0	0	0	15	6	0	7	0	
Cherry	0.9	1 serving	25	0	0	0	0	15	6	0	7	0	
Kiwi	0.9	1 serving	35	0	0	0	0	10	8	1	7	0	
Mango Sorbet	0.9	1 serving	25	0	0	0	0	15	6	0	8	0	
Orange	0.9	1 serving	35	0	0	0	0	15	8	0	7	0	
Passion Fruit	0.9	1 serving	25	0	0	0	0	15	6	0	7	0	
Pineapple	0.9	1 serving	30	0	0	0	0	10	7	0	7	0	
Pomegranate	0.9	1 serving	25	0	0	0	0	15	6	0	7	0	
Strawberry	0.9	1 serving	25	0	0	0	0	15	6	0	7	0	
Tropical	0.9	1 serving	25	0	0	0	0	15	6	0	6	0	
Candy													
Butterfinger®	0.4	1 serving	50	2	1	0	0	25	8	0	5	1	
Caramel Cups (mini)	0.7	1 serving	100	5	4	0	5	20	12	0	10	1	
Chocolate Rocks	0.4	1 serving	60	3	3	0	0	5	7	0	7	1	
HEATH Bar	0.5	1 serving	70	4.5	2.5	0	5	50	9	0	9	0	
Jolly Rancher®	1	1 serving	120	3	1.5	0	0	65	24	0	20	0	
Kit Kat®	0.6	1 serving	90	4.5	3	0	0	10	11	0	9	1	
M&M'S® (mini)	0.6	1 serving	80	3.5	2	0	0	15	12	0	11	1	
M&M'S® (peanut)	1	1 serving	140	7	3	0	0	15	17	1	15	3	
M&M'S® (plain)	0.9	1 serving	120	5	3	0	0	20	18	1	16	1	
Mint Chocolate (Andes®)	0.6	1 serving	90	6	5	0	0	5	10	1	9	1	
Nerds®	0.8	1 serving	90	0	0	0	0	0	21	0	21	0	
Nonpareils	0.5	1 serving	60	2.5	2.5	0	0	0	11	0	9	0	
Peanut Butter Cups	0.8	1 serving	110	7	2.5	0	0	80	13	1	12	2	
REESE'S Peanut Butter Cups	0.8	1 serving	120	7	2.5	0	0	80	13	1	11	2	
REESE'S Pieces (mini)	0.8	1 serving	110	5	4.5	0	0	25	14	1	12	2	
Skittles®	0.8	1 serving	90	1	1	0	0	0	21	0	17	0	
Snickers®	0.6	1 serving	80	4	1.5	0	0	40	11	0	9	1	
TWIX®	0.5	1 serving	70	3.5	2	0	0	30	9	0	7	1	
Chips													
Butterscotch	0.6	1 serving	90	5	4	0	0	35	10	0	10	1	
Chocolate	0.5	1 serving	70	3.5	2.5	0	0	0	9	1	8	1	
Peanut Butter	0.6	1 serving	90	5	4	0	0	35	9	1	6	3	
Vanilla	0.7	1 serving	100	6	5	0	0	45	12	0	12	2	
Yogurt	0.6	1 serving	80	4	3.5	0	0	10	12	0	12	1	
Gummies													
Bears	1.1	1 serving	90	0	0	0	0	10	22	0	14	1	
Frogs	1.4	1 serving	120	0	0	0	0	15	28	0	17	1	
Sour Belts	0.3	1 serving	30	0	0	0	0	0	7	0	5	0	
Sour Worms	0.6	1 serving	50	0	0	0	0	0	12	0	8	1	
Swedish Fish®	0.8	1 serving	80	0	0	0	0	20	20	0	17	0	
Worms (regular)	0.6	1 serving	50	0	0	0	0	5	12	0	7	1	
Nuts													
Almonds	0.4	1 serving	70	6	0	0	0	0	2	1	0	2	
Peanuts	0.4	1 serving	60	6	0.5	0	0	0	2	1	1	3	
Pecans	1	1 serving	190	20	1.5	0	0	0	4	3	1	3	
Walnuts	0.4	1 serving	70	7	0.5	0	0	0	2	1	0	2	
Wet Walnuts	1.7	1 serving	280	15	1.5	0	0	0	38	1	33	3	

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Misc.													
Brownie Bites	0.4	1 serving	50	2.5	1	0	5	60	7	1	4	1	
Brownie Squares	0.8	1 serving	100	6	3	0	20	45	12	1	8	1	
Cap'n Crunch®	0.1	1 serving	10	0	0	0	0	20	2	0	1	0	
Cheesecake Bites	0.4	1 serving	40	2.5	14	0	10	35	4	0	2	1	
Chocolate Covered Sunflower Seeds	0.6	1 serving	90	5	3	0	0	10	10	1	8	2	
Chocolate Chip Cookies (Chips Ahoy!®)	0.5	1 serving	70	3.5	1	0	0	45	10	0	5	1	
Coconut (shredded)	0.2	1 serving	25	1.5	1.5	0	0	10	3	1	2	0	
Cookie Dough Bites	0.6	1 serving	80	3.5	1.5	0	0	55	11	0	6	1	
Crushed OREO® Cookies	0.4	1 serving	50	1.5	0.5	0	0	45	8	0	5	0	
Dark Chocolate Shavings	0.4	1 serving	60	4	2.5	0	0	0	6	1	5	1	
Dark Chocolate Raspberry Cups	0.7	1 serving	110	7	4.5	0	0	10	12	1	11	1	
Froot Loops™	0.1	1 serving	10	0	0	0	0	15	2	0	1	0	
Frosted Animal Crackers	0.5	1 serving	70	3.5	3.5	0	0	25	10	0	6	1	
Fruit Snacks	1	1 serving	80	0	0	0	0	40	23	5	10	0	
Fruity PEBBLES™	0.1	1 serving	15	0	0	0	0	20	3	0	1	0	
Graham Cracker Crumbs	0.2	1 serving	20	0	0	0	0	30	4	0	1	0	
Granola	0.3	1 serving	35	1.5	0	0	0	0	5	1	1	1	
Granola (udi's®)	0.3	1 serving	40	1.5	0	0	0	0	6	1	1	1	
Granola, Honey (Tropical Foods®)	0.3	1 serving	30	0.5	0	0	0	0	6	1	1	1	
Granola, Low Fat Granola without Raisins (Kellogg's®)	0.3	1 serving	30	0	0	0	0	20	7	1	2	1	
Granola, Low Fat Granola Crunchy (Kellogg's®)	0.3	1 serving	35	0	0	0	0	15	7	1	2	1	
Granola, Oats and Honey (Cascadian Farm®)	0.3	1 serving	35	1	0	0	0	10	6	0	2	1	
Granola, Oats and Honey (Nature Valley™)	0.3	1 serving	35	0.5	0	0	0	15	1	1	3	1	
Maraschino Cherries	0.7	1 serving	35	0	0	0	0	0	8	1	8	0	
Marshmallows	0.2	1 serving	20	0	0	0	0	5	5	0	3	0	
Mochi	0.7	1 serving	60	0	0	0	0	20	14	0	1	1	
Nilla® Wafers	0.7	1 serving	90	4	1	0	5	80	14	0	7	1	
Nutter Butter® Bites	1	1 serving	130	6	1.5	0	0	110	20	0	9	2	
Peanut Butter Buckeyes	1	1 serving	160	10	6	0	5	50	14	1	13	3	
Pound Cake	0.3	1 serving	30	1.5	1	0	10	25	4	0	2	0	
S'more	1	1 serving	150	8	7	0	10	50	18	0	14	1	
Sprinkles	0.8	1 serving	90	1.5	1.5	0	0	5	0	18	0	0	
Sprinkles, Unicorn	0.8	1 serving	100	2.5	2	0	0	0	19	0	14	0	
Whipped Cream	0.1	1 serving	5	0.5	0	0	0	0	0	0	0	0	
Sauces													
Caramel	0.7	1 serving	60	1	0.5	0	5	50	13	0	10	0	
Chocolate	0.7	1 serving	50	0	0	0	0	10	12	1	10	0	
Chocolate Hazelnut	0.9	1 serving	140	9	2.5	0	0	10	15	1	14	2	
Hot Fudge	0.9	1 serving	80	3	2.5	0	0	70	14	0	11	1	
Marshmallow	0.8	1 serving	60	0	0	0	0	30	14	0	10	0	
Peanut Butter	0.7	1 serving	130	12	2	0	0	85	4	1	2	4	
Strawberry	0.7	1 serving	50	0	0	0	0	0	13	0	12	0	
Waffles													
Bowls	1 each	1 serving	50	0	0	0	0	20	10	0	4	1	
Cones	1 each	1 serving	50	0.5	0	0	0	20	11	0	4	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.