

HONEY HILL - YOGURT NUTRITIONALS:																
NF FROZEN YOGURT 4/GAL	SERVING SIZE	CALORIES	CAL. FROM FAT	TOTAL FAT	SAT. FAT	TRANS FAT	CHOL.	SODIUM	CARBS	FIBER	SUGARS	PROTEIN	VIT. A	VIT. C	CALCIUM	IRON
NF DREAMY DARK CHOCOLATE	88g	120	0	0g	0g	0g	0mg	65mg	26g	<1g	18g	3g	0%	2%	10%	15%
NF CHEESE CAKE	89g	120	0	0g	0g	0g	0mg	60mg	25g	0g	18g	3g	0%	2%	15%	0%
NF TAHITIAN VANILLA	89g	100	0	0g	0g	0g	0mg	55mg	21g	0g	16g	4g	0%	2%	15%	0%
NF BIRTHDAY CAKE YOGURT	89g	100	0	0g	0g	0g	0mg	55mg	22g	0g	16g	3g	0%	2%	15%	0%
NF CHOCOLATE MINT YOGURT	89g	120	0	0g	0g	0g	0mg	40mg	26g	0g	18g	3g	0%	2%	10%	6%
NF CHERRY AMARETTO	89g	110	0	0g	0g	0g	0mg	60mg	24mg	0g	19g	4g	0%	2%	15%	0%
NF CANDY CANE	89g	110	0	0g	0g	0g	0mg	55mg	22mg	0g	17g	4g	0%	2%	15%	0%
NF BANANA-RAMA	89g	100	0	0g	0g	0g	0mg	50mg	21mg	0g	16g	3g	0%	4%	10%	0%
NF PEACH MEDLEY	89g	110	0	0g	0g	0g	0mg	50mg	22g	0g	14g	3g	2%	4%	10%	0%
NF SNICKERDO COOKIE DOUGH	89g	100	0	0g	0g	0g	0mg	55mg	21g	0g	16g	4g	0%	2%	15%	0%
NF CARIBBEAN COLADA	89g	110	0	0g	0g	0g	0mg	55mg	22g	0g	17g	3g	0%	2%	15%	0%
NF MOON PIE	89g	110	0	0g	0g	0g	0mg	50mg	24g	0g	18g	3g	0%	2%	10%	0%
NF KEY LIME BAR	89g	110	0	0g	0g	0g	0mg	55mg	24g	0g	20g	3g	0%	4%	10%	0%
NF BUTTER BRICKLE POPCORN	89g	100	0	0g	0g	0g	0mg	160mg	22g	0g	16g	4g	0%	2%	15%	0%
NF MINT CHOCOLATE CHIP	89g	110	0	0g	0g	0g	0mg	55mg	22g	0g	16g	4g	0%	2%	15%	0%
NF SOUTHERN BUTTER PECAN	89g	100	0	0g	0g	0g	0mg	60mg	22g	0g	17g	3g	0%	2%	10%	0%
NF TOASTED COCONUT	89g	110	0	0g	0g	0g	0mg	55mg	22g	0g	16g	4g	0%	2%	15%	0%
<b>LF FROZEN YOGURT 4/1GAL</b>																
LF ESPRESSO	89g	120	25	3g	2g	0g	5mg	60mg	19g	0g	16g	4g	2%	4%	15%	0%
LF COOKIE N CREAM	89g	120	25	3g	2g	0g	5mg	70mg	21g	0g	17g	4g	2%	4%	15%	0%
LF TRIPLE CHOCOLATE	89g	130	25	2.5g	2g	0g	5mg	55mg	22g	0g	17g	4g	2%	2%	15%	4%
LF STRAWBERRY SENSATIONS	89g	120	25	3g	2g	0g	5mg	65mg	20g	0g	16g	4g	2%	4%	15%	0%
LF FRENCH VANILLA	89g	120	25	3g	2g	0g	5mg	60mg	19g	0g	16g	4g	2%	4%	15%	0%
LF PUMPKIN PIE	89g	120	25	3g	2g	0g	5mg	50mg	22g	0g	16g	3g	0%	2%	10%	0%
LF SPICED APPLE PIE	89g	130	25	3g	2g	0g	5mg	70mg	23g	<1g	19g	4g	2%	4%	20%	4%
LF EGG NOG	89g	110	25	3g	2g	0g	5mg	50mg	18g	0g	13g	3g	2%	2%	10%	0%
LF WHITE CHOC. MOUSSE	89g	140	25	2.5g	2g	0g	5mg	55mg	25g	0g	21g	3g	2%	2%	15%	0%
LF ROCKY ROAD	89g	120	15	1.5g	0.5g	0g	0mg	65mg	24g	<1g	20g	4g	0%	2%	15%	8%
LF SEA SALT CARAMEL PRETZEL	89g	120	25	3g	2g	0g	5mg	170mg	19g	0g	16g	4g	2%	4%	15%	0%
LF CINNAMON ROLL	89g	130	25	3g	2g	0g	10mg	70mg	22g	0g	18g	4g	2%	4%	15%	0%
LF CANDY BAR SMASH	89g	130	20	2g	0.5g	0g	0mg	85mg	23g	0g	17g	4g	0%	2%	15%	0%
LF HONEY VANILLA GREEK	89g	120	20	2g	1.5g	0g	10mg	40mg	19g	0g	15g	6g	2%	2%	20%	0%
LF JAVA CARAMEL GREEK	89g	110	15	1.5g	1g	0g	10mg	35mg	19g	0g	15g	6g	0%	2%	20%	0%
LF ZEUSBERRY GREEK	89g	110	15	2g	1.5g	0g	10mg	35mg	19mg	0g	15g	6g	0%	2%	20%	0%
<b>REDUCED FAT FROZEN YOGURT 4/1 GAL</b>																
LF OLD FASH. PEANUT BUTTER	89g	160	60	7g	2g	0g	5mg	55mg	20g	0g	13g	4g	2%	2%	8%	0%
<b>SORBETS (NON-DAIRY) 4/1 GAL</b>																
NF VALENCIA ORANGE SORBET	89g	90	0	0g	0g	0g	0g	0g	22g	0g	19g	0g	0%	0%	0%	0%
NF MANGO SORBET	89g	90	0	0g	0g	0g	0g	0g	22g	0g	19g	0g	0%	0%	0%	0%
NF PINK LEMONADE SORBET	89g	90	0	0g	0g	0g	0g	0g	22g	0g	19g	0g	0%	0%	0%	0%
NF WATERMELON SORBET	89g	90	0	0g	0g	0g	0g	5g	19g	0g	20g	0g	0%	0%	0%	0%
NF TROPICAL SORBET	89g	100	0	0g	0g	0g	0g	0g	24g	0g	20g	0g	0%	2%	0%	0%
NF BLUE ICE DAIQURI	89g	90	0	0g	0g	0g	0g	0g	23g	0g	19g	0g	0%	2%	0%	0%
<b>NON FAT-PLAIN TART FROZEN YOGURT 4/GAL</b>																
NF CALIFORNIA TART	89g	100	0	0g	0g	0g	0mg	50mg	20g	0g	17g	3g	0%	2%	10%	0%
<b>NON FAT-FLAVORED TART FROZEN YOGURT 4/1 GAL</b>																
NF BLUEBERRY TART	89g	120	0	0g	0g	0g	0mg	65mg	24g	0g	23g	4g	0%	2%	15%	0%
<b>NON FAT-ENERGY FORMULAS FROZEN YOGURT 4/1 GAL</b>																
NF POMEGRANATE ENERGY	89g	120	0	0g	0g	0g	0mg	90mg	24g	0g	23g	4g	0%	2%	15%	0%
<b>NO SUGAR ADDED-NON FAT-FROZEN YOGURT 4/1 GAL</b>																

NF NSA TAHITIAN VANILLA	90g	80	0	0g	0g	0g	0mg	80mg	16g	0g	6g	4g	0%	4%	15%	0%
<b>SC 7% REDUCED FAT GELATOS</b>																
SC 3 % VANILLA GELATO	89g	120	25	3g	2g	0g	5mg	55mg	19g	0g	14g	4g	6%	2%	15%	0%
SC CHOC CHIP COOKIE DOUGH GELATO	89g	140	50	5g	3.5g	0g	40mg	70mg	19g	0g	18g	4g	6%	2%	15%	2%
SC STRAWBERRY SHORTCAKE GELATO	89g	140	50	6g	4g	0g	15mg	70mg	20g	0g	15g	3g	6%	4%	10%	0%
SC JAMOCHA GELATO	89g	160	60	6g	4g	0g	40mg	70mg	22g	0g	16g	4g	6%	2%	10%	0%
SC PEANUT FUDGE GELATO	89g	150	50	6g	3g	0g	35mg	105mg	21g	0g	16g	4g	4%	2%	10%	2%
SC YELLOW CAKE BATTER GELATO	89g	150	60	7g	4.5g	0g	45mg	75mg	19g	0g	15g	4g	6%	2%	15%	0%
<b>SC 10% CUSTARD</b>																
SC VANILLA CUSTARD	89g	180	90	10g	6g	0g	50mg	105mg	19g	0g	16g	4g	6%	4%	16%	0%
<b>SC ITALIAN ICE</b>																
SC ITALIAN ICE BASE MIX	89g	90	0	0g	0g	0g	0mg	0mg	22g	0g	18g	0g	0g	0g	0g	0g