

TCBY Soft Serve Creamy Frozen Yogurt & Fruity Sorbet

Nutrition Facts	NonFat Frozen Yogurt		No Sugar Added NonFat Frozen Yogurt *		96 % Fat Free Frozen Yogurt		NonFat & NonDairy Sorbet	
Reference Amount 1/2 cup	(98g)		(96g)		(97g)		(97g)	
Amount Per Serving								
Calories	110		90		140		100	
Calories from Fat	0		0		30		0	
	% Daily Value		% Daily Value		% Daily Value		% Daily Value	
Total Fat	0g	0%	0g	0%	3g	5%	0g	0%
Saturated Fat	0g	0%	0g	0%	2g	10%	0g	0%
Cholesterol	less than 5mg	1%	less than 5mg	1%	15mg	1%	0mg	0%
Sodium	60mg	3%	35mg	1%	60mg	2%	30mg	1%
Total Carbohydrate	23g	8%	20g	7%	23g	8%	24g	8%
Dietary Fiber	0g	0%	0g	0%	0g	0%	0g	0%
Sugars	20g		7g		20g		19g	
Sugar Alcohols			3g					
Protein	4g		4g		4g		0g	
Vitamin A		0%		0%		0%		0%
Vitamin C		0%		0%		0%		0%
Calcium		10%		10%		8%		0%
Iron		0%		0%		0%		0%

*Phenylketuronics: Contains phenylalanine

Percent of daily values based on a 2,000 Calorie diet.