

forte^{le}
FROZEN YOGURT

Nutritional Facts

Updated February 2009



Nutritional Facts

Serving Size:
1/2 cup 84g

	Calories	%DV	Calories from Fat	Fat (g)	% DV	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	% DV	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	% DV Vitamin A	% DV Vitamin C	% DV Calcium	% DV Iron
Information on Daily Values is Rounded According to the FDA Guidelines																		
Arctic Vanilla	108	5%	0	0	0%	0	0	0	108	5%	24.2	0	14	2.7	0%	0%	14%	0%
Blueberry Tart	127	6%	0	0	0%	0	0	0	50.3	6%	15.9	0	15.4	7.1	11%	0%	11%	0%
Café con Leche	108	5%	0	0	0%	0	0	0	103	4%	24.2	0	14	2.7	0%	0%	14%	0%
Chocolate Mint	100	5%	0	0	0%	0	0	0	70	3%	23	0	15	2	0%	2%	8%	0%
Double Cookies & Cream	121	6%	0	0	0%	0	0	0	89	4%	26.9	0	14	2.7	0%	0%	11%	0%
Dutch Chocolate	118	6%	0	0	0%	0	0	0	54	2%	26.9	0	14	2.7	0%	0%	9%	0%
Fresh Strawberry	108	5%	0	0	0%	0	0	0	100	4%	24.2	0	14	2.7	0%	0%	11%	0%
Green Tea	107	5%	0	0.2	0.3%	0	0	0	103.7	4%	24.2	0	14.5	2.7	0.1%	0.1%	13%	0%
Heath Bar	132	6%	24	2.7	5%	0	0	3	130	5%	25	0	14	2.7	0%	0%	11%	0%
Mango	96	5%	0	0	0%	0	0	0	74	3%	22	0	16	2	1%	1%	10%	0%
Mango Tart	127	6%	0	0	0%	0	0	0	50.3	6%	15.9	0	15.4	7.1	11%	0%	11%	0%
NY Cheesecake	100	5%	0	0	0%	0	0	5	80	3%	23	0	16	3	0%	0%	10%	0%
Peach	100	5%	0	0	0%	0	0	0	70	3%	23	0	15	2	0%	2%	8%	0%
Peach Tart	127	6%	0	0	0%	0	0	0	50.3	6%	15.9	0	15.4	7.1	11%	0%	11%	0%
Peanut Butter	119	6%	24	2.7	5%	0	0	0	119	5%	24.2	0	14	2.7	0%	1.3%	16%	3%
Pineapple Tart	127	6%	0	0	0%	0	0	0	50.3	6%	15.9	0	15.4	7.1	11%	0%	11%	0%
Pistachio	100	5%	0	0	0%	0	0	5	85	4%	22	0	16	3	0%	0%	10%	0%
Plain Tart	108	5%	0	0	0%	0	0	0	40	5%	19.2	0	19.2	8	12%	0%	12%	0%
Strawberry Tart	127	6%	0	0	0%	0	0	0	50.3	6%	15.9	0	15.4	7.1	11%	0%	11%	0%
Taro	102	5%	0	0	0%	0	0	0	136.4	6%	22.9	0	13.8	2	0%	0%	13%	0%
French Vanilla (NSA*)	89	4%	0	0	0%	0	0	0	105	4%	19	0	9	6	0%	0%	17%	0%

Allergen Information: Our yogurt is processed in a facility that processes wheat, soy, dairy, tree nuts, and peanuts.

* NSA - No sugar added

This information has been calculated by one, or a combination of the following sources. 1) Supplier information, 2) Certain published data, or 3) In-house analysis. This information is furnished without warranty, expressed or implied. No legal responsibility is assumed for the use of, or reliance on, this data. As additional nutritional information becomes available, the nutritional values for the product are subject to change. This information is calculated by volume at 25% overrun.



Yogurt Flavors	Ingredients	Allergens
Arctic Vanilla	<p>Cultured Skim Milk, Corn Syrup Solids, High Fructose Corn Syrup, Whey, Maltodextrin, Contains 1% or less of the following: Microcrystalline Cellulose, Mono & Diglycerides, Guar Gum, Carrageenan, Cellulose Gum, Natural and Artificial Flavor, Caramel Color, Annatto Color.</p> <p>Contains Active Live Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus</p>	Milk
Blueberry Tart	<p>Skim Milk, Water, Cane Sugar, Skimmed Milk Powder, Skimmed Yogurt Powder, Acidifier: E330 Citric Acid, Flavors, Stabilizers: E412 Guar Gum, E410 Locust Bean Gum, E407 Carrageenan, Flavors, Emulsifiers: E471 Mono & Diglycerides of Fatty Acids, E472b Lactic Acid Esters of Mono & Diglycerides of Fatty Acids, E477 Propane 1,2-diol Esters of Fatty Acids, Citric Acid, Blueberry Juice, Sodium Citrate, CMC, Natural/ Natural Identical Flavor, Acesulfame Potassium, Tartrazine, Sunset Yellow FCF, Potassium Sorbate.</p> <p>Contains Active Live Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus</p>	Milk
Café con Leche	<p>Cultured Skim Milk, Sugar, Corn Syrup Solids, Skim Milk, Cultured Skim Milk, High Fructose Corn Syrup, Maltodextrin, Whey, Contains 1% or Less of the following: Microcrystalline Cellulose, Mono & Diglycerides, Guar Gum, Carrageenan, Cellulose Gum, Instant Coffee, Natural and Artificial Flavor, Caramel Color.</p> <p>Contains Active Live Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus</p>	Milk
Chocolate Mint	<p>Pasteurized and Cultured Skim Milk, Sucrose, Corn Sweetener, Whey, Maltodextrin, Cocoa Processed with Alkali, Nonfat Dry Milk, Cocoa Powder, Natural & Artificial Flavors, Mono & Diglycerides, Cellulose Gum, Guar Gum, Salt, Butter (Pasteurized Cream, Annatto (for color)), Instant coffee, FD&C Red #40, FD&C Yellow #5 & #6, FD&C Blue #1, Caramel, Corn Syrup Solids, Citric Acid, Polysorbate 80.</p> <p>Contains Active Live Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus</p>	Milk
Double Cookies & Cream	<p>Cultured Skim Milk, Corn Syrup Solids, Sugar, High Fructose Corn Syrup, Whey, Maltodextrin, Chocolate Cookies (Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), Sugar, Partially Hydrogenated Soybean and/or Cottonseed Oil, Cocoa Treated with Alkali, contains two percent or less of High Fructose Corn Syrup, Yellow Corn Flour, Chocolate, Baking Soda, Salt, Cornstarch, Natural and Artificial Flavors, Soy Lecithin, Nonfat Dry Milk), Contains 1% or less of the following: Microcrystalline Cellulose, Mono & Diglycerides, Guar Gum, Carrageenan, Cellulose Gum.</p> <p>Contains Active Live Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus</p>	Milk, Wheat, Soy

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Yogurt Flavors	Ingredients	Allergens
Dutch Chocolate	<p>Cultured Skim Milk, High Fructose Corn Syrup, Sugar, Cultured Skim Milk, Corn Syrup Solids, Cocoa, Maltodextrin, Whey, Mono & Diglycerides, Guar Gum, Locust Bean Gum, Carrageenan, Natural and Artificial Flavor, Caramel Color.</p> <p>Contains Active Live Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus</p>	Milk
Fresh Strawberry	<p>Cultured Skim Milk, Corn Syrup Solids, Sugar, High Fructose Corn Syrup, Strawberry Puree, Whey, Contains 1% or less of the following: Microcrystalline Cellulose, Mono & Diglycerides, Guar Gum, Carrageenan, Cellulose Gum, Natural and Artificial Flavor.</p> <p>Contains Active Live Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus</p>	Milk
Green Tea	<p>Fructose, Green Tea, Milk, Guar Gum, Non-dairy Creamer, Natural and Artificial Flavors, Yogurt Powder.</p> <p>Contains Active Live Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus</p>	Milk
Heath Bar	<p>Cultured Skim Milk, Corn Syrup Solids, High Fructose Corn Syrup Sugar, Heath Toffee (Sugar, Butter, Partially hydrogenated soybean oil, Almonds, Salt, Cocoa butter, Artificial Flavorings), Soy Lecithin, Whey, Maltodextrin, Cocoa, Contains 1% or less of the following: Microcrystalline Cellulose, Mono & Diglycerides, Guar Gum, Carrageenan, Cellulose Gum, Natural and Artificial Flavor, Caramel Color.</p> <p>Contains Active Live Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus</p>	Milk, Almonds
Mango	<p>Water, Sucrose, Corn Sweetener, Mango Puree (Water, Mango, Pear and Orange Juice Concentrates, Mango Puree, Natural Flavors, Citric Acid, Cellulose Gum), Pectin, Natural Colors (Annatto Extract, Elderberry and Chokeberry Concentrates, Turmeric).</p> <p>Contains Active Live Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus</p>	Milk
Mango Tart	<p>Skim Milk, Water, Cane Sugar, Skimmed Milk Powder, Skimmed Yogurt Powder, Acidifier: E330 Citric Acid, Flavors, Stabilizers: E412 Guar Gum, E410 Locust Bean Gum, E407 Carrageenan, Flavors, Emulsifiers: E471 Mono & Diglycerides of Fatty Acids, E472b Lactic Acid Esters of Mono & Diglycerides of Fatty Acids, E477 Propane 1,2-diol Esters of Fatty Acids, Citric Acid, Mango Juice, Sodium Citrate, CMC, Natural/Natural Identical Flavor, Acesulfame Potassium, Tartrazine (colorant), Sunset Yellow FCF (colorant), Potassium Sorbate.</p> <p>Contains Active Live Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus</p>	Milk

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Yogurt Flavors	Ingredients	Allergens
NY Cheesecake	<p>Pasteurized and Cultured Skim Milk, Sucrose, Corn Sweetener, Cheesecake Base (Water, Corn Syrup, High Fructose Corn Syrup, Sugar, Modified Food Starch, Nonfat Dry Milk, Milk, Skim Milk Cheese (Pasteurized Nonfat Milk & Enzymes), Maltodextrin, Citric Acid, Natural & Artificial Flavor, Partially Hydrogenated Vegetable Oil, Whey, Lactic Acid, Nonfat Milk, Titanium Dioxide (color), Tragacanth Gum, Turmeric and FD&C Yellow #6 (colors)), Whey, Nonfat Dry Milk, Milk Protein Isolate, Cellulose Gum, Guar Gum, Carrageenan, Mono & Diglycerides.</p> <p>Contains Active Live Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus</p>	Milk
Peach	<p>Pasteurized and Cultured Skim Milk, Sucrose, Corn Sweetener, Peach Base (Peaches, High Fructose Corn Syrup, Corn Syrup Solids, Water, Peach Juice Concentrate, Natural Flavors, Citric Acid, Locust Bean Gum, Annatto Extract and Turmeric (for color), Whey, Nonfat Dry Milk, Milk Protein Isolate, Cellulose Gum, Guar Gum, Carrageenan, Mono & Diglycerides, Natural Peach Flavor WONF, FD&C Red #40 and #3, Blue #1.</p> <p>Contains Active Live Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus</p>	Milk
Peach Tart	<p>Skim Milk, Water, Cane Sugar, Skimmed Milk Powder, Skimmed Yogurt Powder, Acidifier: E330 Citric Acid, Flavors, Stabilizers: E412 Guar Gum, E410 Locust Bean Gum, E407 Carrageenan, Flavors, Emulsifiers: E471 Mono & Diglycerides of Fatty Acids, E472b Lactic Acid Esters of Mono & Diglycerides of Fatty Acids, E477 Propane 1,2-diol Esters of Fatty Acids, Citric Acid, Peach Juice, Sodium Citrate, CMC, Natural/Natural Identical Flavor, Acesulfame Potassium, Tartrazine (colorant), Sunset Yellow FCF (colorant), Potassium Sorbate.</p> <p>Contains Active Live Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus</p>	Milk
Peanut Butter	<p>Cultured Skim Milk, Corn Syrup Solids, Sugar, High Fructose Corn Syrup, Peanut Butter, Whey, Contains 1% or less of the following: Microcrystalline Cellulose, Mono & Diglycerides, Guar Gum, Carrageenan, Cellulose Gum, Natural and Artificial Flavor.</p> <p>Contains Active Live Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus</p>	Milk, Peanut
Pineapple Tart	<p>Skim milk, Water, Cane Sugar, Skimmed Milk powder, Skimmed Yogurt Powder, Acidifier: E330 Citric Acid, Flavors, Stabilizers: E412 Guar Gum, E410 Locust Bean Gum, E407 Carrageenan, Flavors, Emulsifiers: E471 Mono & Diglycerides of Fatty Acids, E472b Lactic Acid Esters of Mono & Diglycerides of Fatty Acids, E477 Propane 1,2-diol Esters of Fatty Acids, Citric Acid.</p> <p>Contains Active Live Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus</p>	Milk

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Yogurt Flavors	Ingredients	Allergens
Pistachio	<p>Cultured Skim Milk, Corn Syrup Solids, High Fructose Corn Syrup, Whey, Maltodextrin, Contains 1% or less of the following: Microcrystalline Cellulose, Mono & Diglycerides, Guar Gum, Carrageenan, Cellulose Gum, Natural and Artificial Flavor (Contains Blue #1 & Yellow #5)</p> <p>Contains Active Live Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus</p>	Milk, Pistachios
Plain Tart	<p>Skim milk, Water, Cane Sugar, Skimmed Milk Powder, Skimmed Yogurt Powder, Acidifier: E330 Citric Acid, Flavors, Stabilizers: E412 Guar Gum, E410 Locust Bean Gum, E407 Carrageenan, Flavors, Emulsifiers: E471 Mono & Diglycerides of Fatty Acids, E472b Lactic Acid Esters of Mono & Diglycerides of Fatty Acids, E477 Propane 1,2-diol Esters of Fatty Acids, Citric Acid.</p> <p>Contains Active Live Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus</p>	Milk
Strawberry Tart	<p>Pasteurized and Cultured Skim Milk, Sucrose, Corn Sweetener, Whey, Nonfat Dry Milk, Natural & Artificial Flavor (Contains Blue #1 & Yellow #5), Milk Protein Isolate, Cellulose Gum, Guar Gum, Carrageenan, Mono & Diglycerides.</p> <p>Contains Active Live Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus</p>	Milk
Taro	<p>Corn Syrup Solids, Hydrogenated Soybean Oil, Sodium Caseinate, Dipotassium Phosphate, Mono & Diglycerides, Sodium Aluminosilicate, Sugar, Glucose, Taro Powder, Allura Red AC (FD&C Red #40), Brilliant Blue FCF Erythrosine.</p> <p>Contains Active Live Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus</p>	Milk, Soy
French Vanilla (NSA*)	<p>Cultured Skim Milk, Maltodextrin, Sorbitol, Polydextrose, Mono & Diglycerides, Guar Gum, Sodium Phosphate, Aspartame, Acesulfame Potassium, Locust Bean Gum, Sodium Citrate, Carrageenan, Natural and Artificial Flavor (Natural Flavor, Propylene Glycol, Yellow #5, Red #40, Caramel Color)</p> <p>Contains Active Live Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus</p>	Milk

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