

■ Yogurt
■ Non-Dairy
■ Lower Sugar Yogurt w/ Stevia
■ Gelato

NUTRITIONAL INFORMATION

Serving size is based on 1 oz.



	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Sugar (g)	Protein (g)	Calcium (%DV)	Gluten Free
Natural + Artificial Arctic Mallow Kiss Flavor	40	0.5	0	5	35	7	6	1	4	✓
Natural Arctic Peppermint Patty Flavor	35	0	0	0	30	7	6	1	4	✓
Natural Banana Flavor	35	0	0	0	30	8	7	1	4	✓
Natural + Artificial Black Cherry Flavor	35	0	0	0	15	8	7	1	4	✓
Natural Blueberry Flavor	35	0	0	0	15	8	7	1	4	✓
Natural Blueberry Lemonade Flavor	35	0	0	0	15	7	6	1	4	✓
Artificial Blue Razzy Flavor	35	0	0	0	30	8	6	1	4	✓
Natural + Artificial Brownie Batter Flavor	40	0	0	0	35	8	7	1	4	□
Natural Butter Pecan Flavor	35	0	0	0	40	8	7	1	4	✓
Natural + Artificial Cappuccino Flavor	30	0	0	0	30	8	6	1	4	✓
Natural + Artificial Cheesecake Flavor	40	1	0.5	10	40	7	6	1	4	✓
Natural Chocolate Flavor	35	0	0	0	30	7	6	1	4	✓
Natural Chocolate Coconut Truffle Flavor	35	0	0	0	30	8	6	1	4	✓
Natural + Artificial Chocolate Hazelnut Flavor	35	0	0	0	30	7	6	1	4	✓
Natural + Artificial Chocolate Raspberry Flavor	35	0	0	0	30	7	3	2	4	✓
Natural + Artificial Chocolate Turtle Flavor	35	0	0	0	35	7	6	1	4	✓
Natural + Artificial Churro Flavor	40	0	0	0	35	8	6	1	4	✓
Natural + Artificial Cinnamon Roll Flavor	40	0	0	0	30	9	8	1	4	✓
Natural Coconut Flavor	35	0	0	0	35	8	7	1	4	✓
Natural + Artificial Cotton Candy Flavor	35	0	0	0	30	8	7	1	4	✓
Natural + Artificial Cream Cheese Carrot Cake Flavor	35	0	0	0	35	7	6	1	4	✓
Natural Dark Chocolate Flavor	35	0	0	0	30	7	6	1	4	✓
Natural + Artificial Double Stuff[®] Cookies n' Cream Flavor	60	1	0	0	50	11	8	1	4	□
Natural + Artificial Dulce de Leche Flavor	35	0	0	0	30	8	7	1	4	✓
Natural + Artificial English Toffee Flavor	35	0	0	0	30	7	6	1	4	✓
Natural Euro Tart Flavor	35	0	0	0	15	8	6	1	4	✓
Natural Fudge Pop Flavor	35	0	0	0	30	7	6	1	4	□
Natural + Artificial Gingerbread Flavor	35	0	0	0	30	8	7	1	4	✓
Natural + Artificial Gingerbread Cinnamon Cake Flavor	35	0	0	0	30	8	7	1	4	✓
Natural + Artificial Hazelnut Flavor	35	0	0	0	30	8	7	1	4	✓
Natural + Artificial Hazelnut Latte Flavor	35	0	0	0	30	8	7	1	4	✓
Natural Key Lime Pie Flavor	35	0	0	<5	35	8	6	1	4	✓
Natural + Artificial Kiwi Flavor	35	0	0	0	20	8	7	1	4	✓
Natural Lime Flavor	35	0	0	0	15	8	7	1	4	✓
Natural Mango Flavor	35	0	0	0	15	8	7	1	4	✓
Natural Mint Chocolate Flavor	35	0	0	0	30	7	6	1	4	✓
Natural Mint Cookie Flavor	40	0	0	0	35	8	6	1	4	□
Natural + Artificial Mud Pie Flavor	40	0	0	0	40	8	7	1	4	□
Natural + Artificial Orange Cream Soda Flavor	35	0	0	0	30	8	7	1	4	✓
Natural + Artificial Peach Flavor	35	0	0	0	15	8	7	1	4	✓
Natural + Artificial Peaches 'n Cream Flavor	35	0	0	0	30	8	7	1	4	✓
Natural Peanut Butter Flavor	45	1.5	0	0	30	7	6	2	4	✓
Natural Peanut Butter Cup Flavor	50	1.5	0	0	30	7	6	2	4	✓
Natural + Artificial Pistachio Flavor	35	0	0	0	30	8	7	1	4	✓
Natural Pomegranate Flavor	35	0	0	0	15	8	7	1	4	✓
Natural + Artificial Pumpkin Spice Latte Flavor	35	0	0	0	30	7	6	1	4	✓
Natural + Artificial Raspberry Flavor	35	0	0	0	15	8	6	1	4	✓
Natural Red Velvet Cake Flavor	35	0	0	0	35	8	7	1	4	□
Natural Root Beer Float Flavor	35	0	0	0	30	8	7	1	4	□
Natural + Artificial Salted Caramel Flavor	35	0	0	0	35	8	7	1	4	✓
Natural + Artificial Spiced Pumpkin Pie Flavor	35	0	0	0	30	7	6	1	2	□
Natural + Artificial Strawberry Flavor	35	0	0	0	15	8	7	1	4	✓
Natural + Artificial Strawberry Banana Flavor	35	0	0	0	15	8	7	1	4	✓
Natural + Artificial Strawberry Kiwi Flavor	35	0	0	0	15	9	7	1	4	✓
Natural + Artificial Strawberry Shortcake Flavor	40	0	0	0	35	9	8	1	4	□
Natural + Artificial Taro Flavor	40	0	0	0	30	8	6	1	4	✓
Natural + Artificial Toasted Coconut Delight Flavor	35	0	0	0	35	8	7	1	4	✓
Natural + Artificial Toasted Marshmallow Flavor	35	0	0	0	30	8	6	1	4	□
Artificial Vanilla Flavor	35	0	0	0	30	7	6	1	4	✓
Natural Vanilla Bean Flavor	35	0	0	0	30	8	7	1	4	✓
Natural + Artificial Watermelon Flavor	35	0	0	0	15	8	7	1	4	✓
Natural + Artificial White Cake Batter Flavor	35	0	0	0	35	8	7	1	4	□

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Natural DOLE SOFT SERVE® Lemon Flavor	30	0	0	0	0	7	6	0	0	☑
Natural DOLE SOFT SERVE® Mango Flavor	25	0	0	0	0	6	6	0	0	☑
Natural DOLE SOFT SERVE® Orange Flavor	30	0	0	0	0	7	6	0	0	☑
Natural DOLE SOFT SERVE® Pineapple Flavor	30	0	0	0	0	7	7	0	0	☑
Natural DOLE SOFT SERVE® Raspberry Flavor	30	0	0	0	0	7	7	0	0	☑
Natural Lemon Lime Sour Candy Flavor	25	0	0	0	5	5	5	0	0	☑
Natural Limeade Flavor	30	0	0	0	0	7	7	0	0	☑
Natural Mangonada Flavor	25	0	0	0	0	6	5	0	0	☑
Natural + Artificial Pineapple Kiwi Flavor	30	0	0	0	0	7	7	0	0	☑
Natural + Artificial Pineapple Pomegranate Flavor	30	0	0	0	0	7	7	0	0	☑
Natural Raspberry Lemonade Flavor	30	0	0	0	0	7	7	0	0	☑
Natural Raspberry Pomegranate Flavor	30	0	0	0	0	8	7	0	0	☑
Natural + Artificial Raspberry Watermelon Flavor	30	0	0	0	0	8	7	0	0	☑
Natural + Artificial Raspberry Watermelon Sour Candy Flavor	25	0	0	0	5	6	5	0	0	☑
Natural + Artificial Strawberry Lemonade Flavor	30	0	0	0	0	7	7	0	0	☑
Natural + Artificial Tropical Sour Candy Flavor	30	0	0	0	5	6	7	0	1	☑
Natural Arctic Peppermint Patty Flavor	30	0	0	0	40	7	3	2	6	☑
Natural Blueberries 'n Cream Flavor	30	0	0	0	35	7	3	2	6	☑
Natural + Artificial Cookies 'n Cream Flavor	30	0	0	0	40	7	3	2	4	☐
Natural + Artificial Cotton Candy Flavor	30	0	0	0	35	7	3	2	4	☑
Natural + Artificial English Toffee Flavor	30	0	0	0	40	7	3	2	4	☑
Natural + Artificial Orange Cream Soda Flavor	30	0	0	0	35	7	3	2	6	☑
Natural + Artificial Peaches 'n Cream Flavor	30	0	0	0	35	7	3	2	4	☑
Natural + Artificial Salted Caramel Flavor	30	0	0	0	40	7	3	2	4	☑
Natural + Artificial Toasted Marshmallow Flavor	30	0	0	0	35	7	3	2	4	☐
Natural Vanilla Bean Flavor	30	0	0	0	40	7	3	2	4	☑
Natural Vanilla Flavor	30	0	0	0	40	7	3	2	6	☑
Natural + Artificial White Cake Batter Flavor	30	0	0	0	40	8	3	2	6	☐
Natural + Artificial Arctic Mallow Kiss Flavor	45	1	1	10	45	7	6	1	4	☑
Natural Arctic Peppermint Patty Flavor	45	0.5	0.5	<5	45	7	6	1	4	☑
Natural Banana Flavor	40	0.5	0.5	<5	40	7	6	1	4	☑
Natural Butter Pecan Flavor	40	0.5	0.5	<5	50	7	6	1	4	☑
Natural + Artificial Cappuccino Flavor	40	1	0.5	<5	45	8	6	1	4	☑
Natural + Artificial Chocolate Hazelnut Flavor	40	0.5	0.5	<5	40	8	6	1	4	☑
Natural Chocolate Milk Flavor	40	1	0.5	<5	45	8	6	1	4	☑
Natural + Artificial Churro Flavor	45	0.5	0.5	<5	45	8	6	1	4	☑
Natural + Artificial Cinnamon Roll Flavor	45	0.5	0.5	<5	45	8	7	1	4	☑
Natural Coconut Flavor	40	1	0.5	<5	45	8	6	1	4	☑
Natural + Artificial Cream Cheese Carrot Cake Flavor	40	1	1	<5	45	7	6	1	4	☑
Natural + Artificial Double Stuff'd Cookies n' Cream Flavor	45	1	1	<5	45	8	6	1	4	☐
Natural + Artificial Dulce de Leche Flavor	45	0.5	0.5	<5	45	8	6	1	4	☑
Natural + Artificial English Toffee Flavor	40	0.5	0.5	<5	45	7	6	1	4	☑
Natural + Artificial Gingerbread Cinnamon Cake Flavor	40	0.5	0.5	<5	45	8	6	1	4	☑
Natural + Artificial Hazelnut Flavor	40	0.5	0.5	<5	45	8	6	1	4	☑
Natural + Artificial Hazelnut Latte Flavor	40	0.5	0.5	<5	40	8	6	1	4	☑
Natural + Artificial Orange Cream Soda Flavor	40	0.5	0.5	<5	45	7	6	1	4	☑
Natural + Artificial Peaches 'n Cream Flavor	40	0.5	0.5	<5	45	8	6	1	4	☑
Natural + Artificial Pistachio Flavor	40	0.5	0.5	<5	45	7	6	1	4	☑
Natural + Artificial Pumpkin Spice Latte Flavor	40	1	0.5	<5	40	7	5	1	4	☑
Natural Root Beer Float Flavor	40	0.5	0.5	<5	45	8	6	1	4	☐
Natural + Artificial Salted Caramel Flavor	40	0.5	0.5	<5	45	8	6	1	4	☑
Natural + Artificial Spiced Pumpkin Pie Flavor	35	0.5	0.5	0	40	7	5	1	2	☑
Natural + Artificial Taro Flavor	45	1	1	<5	40	8	6	1	4	☑
Natural + Artificial Toasted Marshmallow Flavor	40	0.5	0.5	<5	40	8	6	1	4	☐
Natural + Artificial Vanilla Flavor	40	0.5	0.5	<5	45	7	6	1	4	☑
Natural Vanilla Bean Flavor	40	0.5	0.5	<5	45	8	6	1	4	☑
Natural + Artificial White Cake Batter Flavor	45	1	0.5	<5	50	8	6	1	4	☑

All flavors contain no trans fat; refer to the Allergen Statement for ingredient information.

Peachwave's nutritionals are comprised of data from our ingredient suppliers and presented to meet the US FDA Nutrition Labeling and Education Act (NLEA). Variations may exist due to periodic changes, formulations, and/or mixing procedures. New products, product changes, and limited time products may not be included. Statements contained herein should not be considered as warranty of any kind, expressed or implied. Percent Daily Values (DV) are based on a 2,000 calorie diet.