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

NUTRITIONAL INFORMATION

Serving size is based on 1 oz.

peachwave

	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	8	6	1	4	☑
Natural **Banana** Flavor	40	0	0	0	30	8	6	1	4	☑
Natural **Blueberry** Flavor	35	0	0	0	15	8	7	1	1	☑
Natural **Blueberry Lemonade** Flavor	35	0	0	0	15	8	6	1	1	☑
Artificial **Blue Razzy** Flavor	35	0	0	0	30	8	6	1	4	☑
Natural + Artificial **Brownie Batter** Flavor	40	0	0	0	35	9	7	1	2	☐
Natural **Butter Pecan** Flavor	35	0	0	0	35	8	7	1	4	☑
Natural + Artificial **Cappuccino** Flavor	35	0	0	0	30	8	7	1	4	☑
Natural + Artificial **Cheesecake** Flavor	40	1	0.5	<5	35	7	6	1	4	☑
Natural **Chocolate** Flavor	35	0	0	0	30	7	6	1	2	☑
Natural **Chocolate Coconut Truffle** Flavor	40	0	0	0	30	8	6	1	2	☑
Natural + Artificial **Chocolate Hazelnut** Flavor	35	0	0	0	30	8	6	1	2	☑
Natural + Artificial **Chocolate Raspberry** Flavor	35	0	0	0	30	8	6	1	2	☑
Natural + Artificial **Chocolate Turtle** Flavor	35	0	0	0	35	8	6	1	2	☑
Natural + Artificial **Churro** Flavor	40	0	0	0	30	8	7	1	4	☑
Natural + Artificial **Cinnamon Roll** Flavor	35	0	0	0	30	8	6	1	4	☑
Natural **Coconut** Flavor	40	0	0	0	30	8	6	1	4	☑
Natural + Artificial **Cotton Candy** Flavor	35	0	0	0	30	8	6	1	4	☑
Natural + Artificial **Cream Cheese Carrot Cake** Flavor	40	0	0	<5	30	8	6	1	4	☑
Natural **Dark Chocolate** Flavor	35	0	0	0	30	8	6	1	2	☑
Natural + Artificial **Double Stuff't Cookies n' Cream** Flavor	35	0	0	0	30	8	6	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	1	☑
Natural **Fudge Pop** Flavor	40	0	0	0	35	8	7	1	2	☐
Natural + Artificial **Gingerbread** 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	40	0	0	0	20	8	6	1	1	☐
Natural + Artificial **Kiwi** Flavor	35	0	0	0	15	8	7	1	1	☑
Natural **Lime** Flavor	35	0	0	0	15	8	7	1	1	☑
Natural **Mango** Flavor	35	0	0	0	15	8	7	1	1	☑
Natural + Artificial **Maple Walnut** Flavor	35	0	0	0	30	8	7	1	4	☑
Natural **Mint Chocolate** Flavor	35	0	0	0	30	8	6	1	2	☑
Natural **Mint Cookie** Flavor	40	0.5	0	0	35	8	7	1	2	☐
Natural + Artificial **Mud Pie** Flavor	35	0	0	0	30	7	6	1	3	☐
Natural **Nutty Choco Nana** Flavor	45	1	0	0	30	7	6	2	2	☑
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	6	1	1	☑
Natural + Artificial **Peaches 'n Cream** Flavor	35	0	0	0	30	8	6	1	4	☑
Natural **Peanut Butter** Flavor	45	2	0	0	30	7	6	2	4	☑
Natural **Peanut Butter Cup** Flavor	45	1.5	0	0	35	7	6	2	2	☑
Natural + Artificial **Pistachio** Flavor	35	0	0	0	30	8	6	1	4	☑
Natural **Pomegranate** Flavor	35	0	0	0	15	8	7	1	1	☑
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	1	☑
Natural **Red Velvet Cake** Flavor	40	0	0	0	40	8	6	1	4	☐
Natural + Artificial **Salted Caramel** Flavor	35	0	0	0	30	8	6	1	4	☑
Natural + Artificial **Spiced Pumpkin Pie** Flavor	35	0	0	0	30	9	6	1	4	☐
Natural + Artificial **Strawberry** Flavor	35	0	0	0	15	8	6	1	1	☑
Natural + Artificial **Strawberry Banana** Flavor	35	0	0	0	15	8	7	1	1	☑
Natural + Artificial **Strawberry Kiwi** Flavor	35	0	0	0	15	8	7	1	1	☑
Natural + Artificial **Strawberry Shortcake** Flavor	35	0	0	0	30	8	7	1	4	☐
Natural + Artificial **Taro** Flavor	40	0	0	0	30	8	7	1	4	☑
Natural + Artificial **Toasted Coconut Delight** Flavor	35	0	0	0	30	8	6	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	6	1	4	☑
Natural + Artificial **Watermelon** Flavor	35	0	0	0	15	8	7	1	1	☑
Natural + Artificial **White Cake Batter** Flavor	40	0	0	0	35	8	7	1	4	☐

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	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Sugar (g)	Protein (g)	Calcium (%DV)	Gluten Free
Natural DOLE SOFT SERVE® Lemon Flavor	25	0	0	0	0	6	6	0	0	☑
Natural DOLE SOFT SERVE® Mango Flavor	25	0	0	0	0	6	6	0	0	☑
Natural DOLE SOFT SERVE® Orange Flavor	25	0	0	0	0	6	6	0	0	☑
Natural DOLE SOFT SERVE® Pineapple Flavor	25	0	0	0	0	6	6	0	0	☑
Natural DOLE SOFT SERVE® Raspberry Flavor	25	0	0	0	0	7	6	0	0	☑
Natural Lemon Lime Sour Candy Flavor	30	0	0	0	0	7	6	0	0	☑
Natural Limeade Flavor	30	0	0	0	0	7	6	0	0	☑
Natural Mangonada Flavor	30	0	0	0	0	7	7	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	25	0	0	0	0	6	6	0	0	☑
Natural Raspberry Pomegranate Flavor	30	0	0	0	0	7	7	0	0	☑
Natural + Artificial Raspberry Watermelon Flavor	30	0	0	0	0	7	7	0	0	☑
Natural + Artificial Raspberry Watermelon Sour Candy Flavor	25	0	0	0	0	8	7	0	0	☑
Natural + Artificial Strawberry Lemonade Flavor	30	0	0	0	0	7	6	0	0	☑
Natural + Artificial Tropical Sour Candy Flavor	30	0	0	0	0	8	7	0	0	☑
Natural Arctic Peppermint Patty Flavor	30	0	0	0	35	8	3	2	3	☑
Natural Blueberries 'n Cream Flavor	30	0	0	0	30	7	3	2	3	☑
Natural + Artificial Cookies 'n Cream Flavor	30	0	0	0	35	8	3	2	3	☐
Natural + Artificial Cotton Candy Flavor	30	0	0	0	30	8	3	2	3	☑
Natural + Artificial English Toffee Flavor	30	0	0	0	35	7	3	2	3	☑
Natural + Artificial Orange Cream Soda Flavor	30	0	0	0	35	8	3	2	3	☑
Natural + Artificial Peaches 'n Cream Flavor	30	0	0	0	30	8	3	2	3	☑
Natural + Artificial Salted Caramel Flavor	30	0	0	0	35	8	3	2	3	☑
Natural + Artificial Toasted Marshmallow Flavor	30	0	0	0	35	7	3	2	3	☐
Natural Vanilla Bean Flavor	30	0	0	0	30	8	3	2	3	☑
Natural Vanilla Flavor	25	0	0	0	35	7	2	2	3	☑
Natural + Artificial White Cake Batter Flavor	30	0	0	0	40	8	3	2	3	☐
Natural + Artificial Arctic Mallow Kiss Flavor	45	1	1	<5	45	7	6	1	3	☑
Natural Arctic Peppermint Patty Flavor	40	1	0.5	<5	40	7	6	1	4	☑
Natural Banana Flavor	40	0.5	0.5	<5	40	7	6	1	3	☑
Natural Butter Pecan Flavor	40	0.5	0.5	<5	50	7	6	1	4	☑
Natural + Artificial Cappuccino Flavor	40	0.5	0.5	<5	40	7	6	1	3	☑
Natural + Artificial Chocolate Hazelnut Flavor	45	1	0.5	0	40	8	6	1	3	☑
Natural Chocolate Milk Flavor	40	1	0.5	<5	40	7	6	1	4	☑
Natural + Artificial Churro Flavor	45	0.5	0.5	0	45	8	6	1	3	☑
Natural + Artificial Cinnamon Roll Flavor	40	0.5	0.5	<5	45	8	6	1	4	☑
Natural Coconut Flavor	45	1	0.5	<5	40	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	40	1	0.5	<5	45	7	6	1	3	☐
Natural + Artificial Dulce de Leche Flavor	40	0.5	0.5	<5	40	7	6	1	4	☑
Natural + Artificial English Toffee Flavor	40	0.5	0.5	<5	40	7	6	1	4	☑
Natural + Artificial Hazelnut Flavor	40	0.5	0.5	<5	40	7	6	1	3	☑
Natural + Artificial Hazelnut Latte Flavor	40	0.5	0.5	0	40	7	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	40	7	6	1	4	☑
Natural Peanut Butter Flavor	50	2	0.5	0	45	7	5	2	3	☑
Natural + Artificial Pistachio Flavor	40	0.5	0.5	<5	40	7	6	1	4	☑
Natural + Artificial Pumpkin Spice Latte Flavor	40	0.5	0.5	0	35	7	6	1	3	☑
Natural + Artificial Salted Caramel Flavor	40	0.5	0.5	<5	45	7	6	1	4	☑
Natural + Artificial Spiced Pumpkin Pie Flavor	40	0.5	0.5	0	35	9	5	1	3	☐
Natural + Artificial Taro Flavor	45	1	0.5	<5	40	7	6	1	4	☑
Natural + Artificial Toasted Marshmallow Flavor	40	1	0.5	0	40	7	6	1	3	☐
Natural + Artificial Vanilla Flavor	40	0.5	0.5	<5	40	7	6	1	4	☑
Natural Vanilla Bean Flavor	40	0.5	0.5	<5	40	7	6	1	4	☑
Natural + Artificial White Cake Batter Flavor	40	0.5	0.5	<5	45	8	6	1	3	☐

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 shown. 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.