




Nutritional Information

	Serving Weight (oz)	Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)
Frozen Yogurt																	
Chocolate Chip Cookie	3	mini	120	20	2	0.5	0	0	85	21	0	18	3	0	0	10	2
	5	small	200	30	3.5	1	0	5	140	35	1	30	6	0	0	20	2
	8	medium	320	45	5	1.5	0	5	220	57	1	47	9	0	0	30	4
	13	large	510	80	9	2.5	0	10	360	92	1	77	15	0	0	50	6
	25	take home	980	150	16	5	0	15	690	177	3	148	29	0	0	100	15
Chocolate Hazelnut	3	mini	140	30	3.5	1	0	0	60	22	1	21	4	0	0	10	2
	5	small	230	50	6	2	0	5	100	37	1	34	6	0	0	20	2
	8	medium	360	80	9	3	0	5	160	59	1	55	10	0	0	35	4
	13	large	590	130	15	4.5	0	10	250	96	2	90	17	0	0	50	6
	25	take home	1130	250	28	9	0	20	490	184	4	172	32	0	2	100	10
Cinnamon Churro	3	mini	110	10	1.5	0.5	0	5	65	20	0	18	4	0	0	10	2
	5	small	180	20	2.5	1	0	5	105	34	1	29	6	0	0	20	2
	8	medium	290	35	3.5	2	0	10	170	54	1	47	10	0	0	35	4
	13	large	480	50	6	3	0	15	280	88	2	76	16	0	0	50	6
	25	take home	920	100	11	6	0	30	530	170	3	146	30	0	0	100	10
Cookies n' Cream	3	mini	120	15	1.5	0.5	0	0	95	22	0	18	4	0	0	10	2
	5	small	200	25	3	1	0	5	160	37	1	31	6	0	0	20	4
	8	medium	320	40	4.5	1.5	0	5	250	59	1	49	10	0	0	30	4
	13	large	520	70	7	2.5	0	10	410	96	1	80	16	0	0	50	8
	25	take home	1000	130	14	4.5	0	15	790	184	3	154	30	0	0	100	15
Island Mango	3	mini	100	0	0	0	0	0	50	20	0	19	3	0	4	10	0
	5	small	160	5	0	0	0	0	85	34	0	32	5	2	8	20	0
	8	medium	250	5	0	0	0	5	135	54	0	51	8	2	15	30	0
	13	large	400	5	0.5	0	0	5	220	88	1	84	13	4	20	50	0
	25	take home	800	15	1.5	0	0	10	420	169	1	161	26	8	40	90	2
Limoncello	3	mini	100	0	0	0	0	0	55	20	0	19	3	0	2	10	0
	5	small	160	5	0	0	0	5	90	33	0	31	6	0	4	20	0
	8	medium	260	5	0.5	0	0	5	150	53	0	50	9	0	6	35	0
	13	large	410	10	1	0	0	5	240	86	0	81	15	0	10	50	0
	25	take home	800	20	2	0	0	15	460	166	0	156	28	0	20	100	2
Matcha (Tart)	3	mini	90	0	0	0	0	0	55	18	0	17	3	2	4	10	0
	5	small	150	5	0	0	0	5	90	30	0	28	6	4	6	20	0
	8	medium	230	5	0.5	0	0	5	140	48	1	45	9	8	10	30	0
	13	large	380	10	1	0	0	5	230	78	1	73	15	10	15	50	0
	25	take home	730	15	1.5	0	0	15	440	150	2	141	28	25	35	100	2
Meyer Lemon	3	mini	100	0	0	0	0	0	55	20	0	19	3	0	2	10	0
	5	small	160	5	0	0	0	5	90	33	0	31	6	0	4	20	0
	8	medium	260	5	0.5	0	0	5	150	53	0	50	9	0	6	35	0
	13	large	410	10	1	0	0	5	240	86	0	81	15	0	10	50	0
	25	take home	800	20	2	0	0	15	460	166	0	156	28	0	20	100	2
Mint Chocolate Cookie	3	mini	130	25	2.5	1.5	0	0	80	23	0	19	4	0	0	10	0
	5	small	220	40	4.5	3	0	5	135	38	1	31	6	0	0	20	2
	8	medium	350	60	7	4.5	0	5	220	61	1	50	9	0	0	30	2
	13	large	560	100	11	7	0	10	350	99	2	82	15	0	0	50	4
	25	take home	1090	190	22	14	0	15	680	190	3	157	30	0	2	100	8
Orange Peach Mango	3	mini	80	0	0	0	0	0	40	16	0	15	3	0	10	8	0
	5	small	130	0	0	0	0	0	70	27	0	25	4	0	20	15	0
	8	medium	200	5	0	0	0	5	115	43	0	40	7	0	30	25	0
	13	large	330	5	0.5	0	0	5	180	71	0	65	11	0	50	40	0
	25	take home	640	10	1	0	0	10	350	136	0	125	21	0	100	70	2
Orange Tang	3	mini	100	0	0	0	0	0	60	19	0	21	3	0	20	15	0
	5	small	170	5	0	0	0	5	100	32	0	34	5	0	30	25	0
	8	medium	270	5	0	0	0	5	160	51	0	55	9	0	50	35	0
	13	large	440	5	1	0	0	5	260	82	0	89	14	0	80	60	0
	25	take home	840	15	1.5	0	0	15	500	158	0	171	27	0	150	110	2
Original	3	mini	90	0	0	0	0	0	55	19	0	18	3	0	2	10	0
	5	small	150	5	0	0	0	5	95	31	0	30	6	0	2	20	0
	8	medium	240	5	0	0	0	5	150	50	0	47	9	0	4	35	0
	13	large	390	5	1	0	0	5	240	81	0	77	15	0	8	50	0
	25	take home	750	15	1.5	0	0	15	470	156	0	148	29	0	15	100	2
Passionfruit	3	mini	90	0	0	0	0	0	55	19	0	18	3	0	2	10	0
	5	small	150	5	0	0	0	5	90	31	0	30	6	0	4	20	0
	8	medium	240	5	0	0	0	5	140	50	0	48	9	0	6	30	2
	13	large	390	5	1	0	0	5	230	82	0	78	15	0	10	50	2
	25	take home	760	15	1.5	0	0	15	450	157	0	149	28	0	20	100	4
Peanut Butter	3	mini	150	50	6	1	0	0	140	19	1	16	6	0	0	10	2
	5	small	250	90	10	1.5	0	5	230	31	2	26	9	0	0	20	2
	8	medium	390	140	16	2	0	5	370	49	3	42	15	0	0	30	4
	13	large	640	230	26	3.5	0	10	610	80	4	68	25	0	0	50	6
	25	take home	1320	510	57	10	0	15	910	146	7	129	52	0	0	90	2
Pineapple	3	mini	80	0	0	0	0	0	40	17	0	16	2	2	15	10	0
	5	small	130	0	0	0	0	0	65	28	0	26	4	2	25	15	0
	8	medium	210	5	0	0	0	5	105	44	0	42	7	4	40	25	2
	13	large	340	5	0.5	0	0	5	170	72	1	68	11	6	70	40	2
	25	take home	650	10	1	0	0	10	330	138	1	131	21	10	130	80	4
Pineapple Orange Banana	3	mini	80	0	0	0	0	0	40	16	0	15	3	0	10	10	0
	5	small	130	0	0	0	0	0	70	27	0	25	4	0	20	15	0
	8	medium	200	5	0	0	0	5	110	44	0	41	7	0	30	25	0
	13	large	330	5	0.5	0	0	5	180	71	0	66	11	0	50	40	0
	25	take home	640	10	1	0	0	10	340	137	0	127	21	0	100	80	2
Pink Lemonade	3	mini	100	0	0	0	0	0	60	22	0	21	3	0	4	10	0
	5	small	170	5	0	0	0	5	100	36	0	34	5	0	6	20	0
	8	medium	270	5	0	0	0	5	160	57	0	55	9	0	10	30	0
	13	large	430	5	1	0	0	5	260	93	0	89	14	0	15	50	0
	25	take home	830	15	1.5	0	0	15	490	179	0	172					

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		Serving Weight (oz)	Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)	
Frozen Yogurt																			
Strawberry Lemonade		3	mini	100	0	0	0	0	0	55	22	0	21	3	0	8	10	0	
		5	small	170	0	0	0	0	0	95	36	0	35	5	0	10	20	0	
		8	medium	270	5	0	0	0	5	150	58	0	55	8	0	20	30	2	
		13	large	430	5	0.5	0	0	5	240	94	0	90	13	0	30	50	2	
		25	take home	830	10	1.5	0	0	10	470	180	1	173	25	0	60	90	4	
Vanilla Bean		3	mini	90	0	0	0	0	0	65	18	0	17	4	0	0	15	0	
		5	small	160	5	0	0	0	5	105	31	0	29	6	0	0	20	0	
		8	medium	250	5	0	0	0	5	170	49	0	46	9	0	0	35	0	
		13	large	400	5	1	0	0	10	280	80	1	75	15	0	0	60	0	
		25	take home	780	15	1.5	0	0	20	530	154	1	144	29	0	0	110	2	
Vanilla Latte		3	mini	90	0	0	0	0	0	65	18	0	17	4	0	0	15	0	
		5	small	150	0	0	0	0	5	105	30	0	28	6	0	0	20	0	
		8	medium	240	5	0	0	0	5	170	47	0	45	9	0	0	35	0	
		13	large	390	5	0.5	0	0	10	270	77	1	73	15	0	0	60	0	
		25	take home	740	10	1.5	0	0	20	520	148	1	139	29	0	0	110	2	
Dairy Free																			
Coconut Milk, Chocolate		3	Mini	130	45	5	0	0	0	0	15	21	1	15	1	0	0	6	
		5	Small	210	70	8	0	0	0	250	35	1	25	1	0	0	0	10	
		8	Medium	340	120	13	0	0	0	390	56	2	40	2	0	0	2	15	
		13	Large	560	190	21	0.5	0	0	640	91	3	65	3	0	0	2	30	
		25	Takehome	1070	360	40	1	0	0	1230	174	5	125	6	0	0	4	50	
Coconut Milk, Coconut		3	Mini	130	50	6	1	0	0	160	19	0	14	1	0	0	0	0	
		5	Small	210	90	9	1.5	0	0	260	31	1	23	1	0	0	0	2	
		8	Medium	340	140	15	2	0	0	420	50	1	37	1	0	0	0	2	
		13	Large	540	220	25	3.5	0	0	680	82	2	60	2	0	0	2	4	
		25	Takehome	1050	430	47	7	0	0	1310	157	3	115	5	0	2	2	6	
Coconut Milk, Cold Brew		3	Mini	110	40	4	0	0	0	135	16	0	11	1	0	0	0	0	
		5	Small	170	60	7	0	0	0	230	26	1	18	1	0	0	0	2	
		8	Medium	280	100	11	0	0	0	360	42	1	29	2	0	0	0	2	
		13	Large	450	160	18	0	0	0	590	69	2	47	3	0	0	2	4	
		25	Takehome	870	310	35	0	0	0	1130	132	3	93	5	0	0	2	6	
Coconut Milk, Lemon Crème		3	Mini	120	50	6	1.5	0	0	20	16	0	11	1	0	0	0	0	
		5	Small	200	80	9	1	0	0	35	27	1	18	1	0	2	0	2	
		8	Medium	310	130	15	1.5	0	0	55	44	11	30	2	0	2	0	2	
		13	Large	510	220	24	2.5	0	0	90	71	2	48	3	0	4	2	4	
		25	Takehome	980	420	46	4.5	0	0	180	137	3	92	5	0	6	2	8	
Coconut Milk, Salted Caramel		3	Mini	130	45	5	0	0	0	220	20	0	14	1	0	0	0	0	
		5	Small	210	70	8	0	0	0	370	34	1	24	1	0	0	0	2	
		8	Medium	330	120	13	0	0	0	600	54	1	38	2	0	0	0	2	
		13	Large	540	190	21	0	0	0	970	87	2	61	3	0	0	2	4	
		25	Takehome	1040	370	41	0	0	0	1870	168	4	118	5	0	2	2	8	
Coconut Milk, Strawberry		3	Mini	110	40	4.5	0	0	0	25	17	0	12	1	0	8	0	2	
		5	Small	190	70	7	0	0	0	40	29	1	21	1	0	15	0	2	
		8	Medium	300	100	12	0	0	0	60	46	1	33	2	0	25	2	4	
		13	Large	480	170	19	0	0	0	100	75	2	54	2	0	35	2	6	
		25	Takehome	930	330	36	0	0	0	190	144	4	103	5	0	70	4	10	
Just Fruit Peach Passion		3	Mini	90	0	0	0	0	0	0	21	1	20	1	2	0	2	2	
		5	Small	150	0	0	0	0	0	10	36	1	33	1	2	0	2	4	
		8	Medium	240	0	0	0	0	0	10	57	2	53	2	4	0	4	8	
		13	Large	390	0	0	0	0	0	20	93	3	87	3	6	0	6	10	
		25	Takehome	750	0	0	0	0	0	40	178	6	166	6	10	0	10	25	
Just Fruit Tropical Mango		3	Mini	90	0	0	0	0	0	0	22	1	21	0	6	20	2	0	
		5	Small	150	0	0	0	0	0	0	37	1	34	0	10	35	2	0	
		8	Medium	240	0	0	0	0	0	0	59	2	55	0	15	60	4	0	
		13	Large	390	0	0	0	0	0	5	96	3	90	0	25	90	6	0	
		25	Takehome	750	0	0	0	0	0	10	184	6	172	1	45	170	10	0	

Nutritional Information

	Serving Weight (oz)	Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)
Dry Toppings																	
Almond Roca	0.3	1 scoop	50	35	3.5	2	0	5	30	4	0	4	1	0	0	0	0
Brownie Bites	0.4	1 scoop	50	20	2.5	1	0	10	65	7	0	4	1	2	0	0	2
Cacao Almond Crunch	0.6	1 scoop	90	50	5	0.5	0	0	5	8	1	5	2	0	0	2	2
Cap'n Crunch	0.2	1 scoop	20	0	0	0	0	0	35	4	0	2	0	0	0	0	6
Candied Pecans	0.4	1 scoop	60	50	6	0.5	0	0	10	4	1	2	1	0	0	0	2
Candy Cane Pieces	0.3	1 scoop	30	5	0	0	0	0	0	7	0	6	0	0	0	0	0
Caramelized Almonds	0.3	1 scoop	45	20	2	0	0	0	20	6	0	5	1	0	0	0	0
Carob Chips	0.4	1 scoop	60	25	2.5	2.5	0	0	0	9	1	9	0	0	0	0	0
Cheesecake Bites	0.4	1 scoop	40	25	2.5	1.5	0	10	35	4	0	2	1	0	0	0	2
Chocolate Chip Cookie	0.4	1 scoop	50	25	2.5	1	0	0	35	7	0	4	0	0	0	0	2
Chocolate Chip Cookie Dough	0.4	1 scoop	45	15	2	1.5	0	0	30	7	0	3	0	0	0	0	0
Chocolate Chips	0.4	1 scoop	60	30	3	2	0	0	0	8	1	7	1	0	0	0	4
Chocolate Covered Pretzel	0.3	1 scoop	45	15	1.5	1.5	0	0	25	6	0	3	1	0	0	2	2
Chocolate Sprinkles	0.4	1 scoop	50	25	3	2	0	0	0	6	1	6	1	0	0	0	8
Cinnamon powder	0.03	1 scoop	0	0	0	0	0	0	0	0	0	0	0	0	0	2	2
Cinnamon Crumble	0.4	1 scoop	50	20	2	1.5	0	5	10	7	0	3	1	0	0	0	2
Coconut	0.2	1 scoop	25	15	1.5	1.5	0	0	10	3	1	2	0	0	0	0	0
Cookies n' Cream	0.3	1 scoop	40	15	1.5	0.5	0	0	35	6	0	3	0	0	0	0	2
Crispy White Chocolate	0.6	1 scoop	90	50	5	0.5	0	0	20	9	0	6	1	0	0	2	0
Crushed Cones	0.1	1 scoop	15	10	1	0	0	0	5	3	0	1	0	0	0	0	0
Crushed Peppermint Candies	0.3	1 scoop	45	0	0	0	0	0	0	11	0	8	0	0	0	0	0
Dark Chocolate Crisps	0.2	1 scoop	30	15	1.5	1	0	0	0	3	0	2	0	0	0	0	4
Fruity Pebbles	0.2	1 scoop	15	0	0	0	0	0	25	4	0	2	0	2	0	0	2
Gluten Free Cookie Crunch	0.6	1 scoop	90	50	6	1	0	0	10	8	1	5	1	0	0	2	6
Gummy Sharks	0.5	2 each	40	0	0	0	0	0	0	9	0	6	1	0	0	0	0
Gummy Bears	0.5	1 scoop	40	0	0	0	0	0	0	10	0	7	1	0	0	0	0
Heath Bars	0.4	1 scoop	50	30	3	1.5	0	0	35	6	0	6	0	0	0	0	0
Honey Granola	0.2	1 scoop	25	5	0.5	0	0	0	5	4	0	1	1	0	0	0	0
Honeycomb	0.6	1 scoop	45	0	0	0	0	0	0	13	0	12	0	0	0	0	0
Lemon Cookie Crunch	0.6	1 scoop	100	70	7	1.5	0	0	15	8	0	6	1	0	0	2	0
Mango Bursting Boba	0.5	1 scoop	15	0	0	0	0	0	0	4	0	3	0	2	4	2	2
Milk Chocolate Crunch	0.5	1 scoop	70	40	4.5	1	0	0	40	7	0	4	1	0	0	2	2
Mini Gummy Worms	0.5	3 each	40	0	0	0	0	0	0	10	0	6	0	0	0	0	0
Mini Milk Chocolate Gem	0.4	1 scoop	50	20	2.5	1.5	0	0	5	8	0	7	0	0	0	2	0
Mini Sour Worms	0.5	3 each	45	0	0	0	0	0	0	11	0	7	1	0	0	0	0
Mini Peanut Butter cups	0.5	1 scoop	80	45	5	4	0	0	15	8	0	6	1	0	0	2	2
Mint Chocolate Cookie	0.2	1 scoop	35	15	1.5	1	0	0	20	5	0	3	0	0	0	0	0
Mochi	0.5	1 scoop	60	0	0	0	0	0	30	14	0	5	1	0	0	0	0
Nutella	0.6	1 scoop	90	45	5	1.5	0	0	5	10	1	9	1	0	0	2	2
Organic Fruity Bears	0.5	1 scoop	50	0	0	0	0	0	25	12	0	9	0	0	40	0	0
Rainbow Sprinkles	0.4	1 scoop	40	0.5	0.5	0	0	0	0	9	0	8	0	0	0	0	0
Snow Caps	0.4	1 scoop	50	20	2	2	0	0	0	9	0	8	0	0	0	0	0
Strawberry Bursting Boba	0.5	1 scoop	15	0	0	0	0	0	0	4	0	3	0	2	4	2	0
Strawberry Popping Cluster	0.4	1 scoop	50	15	2	1.5	0	0	25	8	0	6	1	0	0	2	0
Toasted Almond	0.3	1 scoop	45	35	4	0	0	0	0	2	1	0	2	0	0	2	2
Twix	0.4	1 scoop	50	20	2.5	1.5	0	0	20	7	0	5	0	0	0	0	0
Waffle Cookie	0.2	1 each	30	10	1	0	0	0	5	4	0	2	0	0	0	0	2
Waffle Cone	0.8	1 each	90	10	1	0	0	0	35	20	0	7	0	0	0	0	4
Yogurt Chips	0.4	1 scoop	60	25	3	2.5	0	0	10	9	0	8	0	0	0	0	0
Fruit Toppings																	
Banana	0.7	1 scoop	20	0	0	0	0	0	0	5	1	2	0	0	2	0	0
Blackberry	0.7	1 scoop	10	0	0	0	0	0	0	2	1	1	0	0	8	0	0
Blood Orange	0.4	1 scoop	5	0	0	0	0	0	0	1	0	1	0	0	8	0	0
Blueberry	0.5	1 scoop	5	0	0	0	0	0	0	2	0	1	0	0	2	0	0
Grapefruit	0.6	1 scoop	5	0	0	0	0	0	0	1	0	1	0	4	10	0	0
Honeydew	0.7	1 scoop	5	0	0	0	0	0	0	2	0	2	0	0	6	0	0
Kiwi	0.6	1 scoop	10	0	0	0	0	0	0	2	0	1	0	0	25	0	0
Mango	0.6	1 scoop	10	0	0	0	0	0	0	3	0	2	0	4	10	0	0
Orange	0.8	1 scoop	10	0	0	0	0	0	0	3	1	2	0	2	25	2	0
Pineapple	0.5	1 scoop	10	0	0	0	0	0	0	2	0	1	0	0	10	0	0
Pomegranate Seeds	0.4	1 scoop	10	0	0	0	0	0	0	2	0	2	0	0	2	0	0
Raspberry	0.4	1 scoop	5	0	0	0	0	0	0	1	1	0	0	0	4	0	0
Strawberry	0.5	1 scoop	5	0	0	0	0	0	0	1	0	1	0	0	15	0	2
Tangerine	0.8	1 scoop	15	0	0	0	0	0	0	3	0	3	0	4	10	0	0
Watermelon	0.7	1 scoop	5	0	0	0	0	0	0	2	0	1	0	2	2	0	0
Liquid Toppings																	
Agave Nectar	0.3	1 serving	25	0	0	0	0	0	0	7	0	7	0	0	0	0	0
Chocolate Flavored Sauce	0.2	1 serving	15	0	0	0	0	0	0	4	0	3	0	0	0	0	0
Dulce de Leche (Caramel)	0.2	1 serving	25	10	1	0	0	0	10	4	0	2	0	0	0	0	0
Honey	0.4	1 serving	30	0	0	0	0	0	0	8	0	8	0	0	0	0	0
Pomegranate Juice	0.4	1 serving	30	0	0	0	0	0	0	7	0	6	0	0	0	0	0
Strawberry Puree	0.2	1 serving	10	0	0	0	0	0	0	2	0	2	0	0	4	0	0
Whipped Cream	0.4	1 serving	35	20	2.5	1	0	0	0	2	0	2	0	0	0	0	0
Smoothies																	
Strawberry Banana	16	1 serving	290	5	0.5	0	0	5	170	59	2	51	12	2	110	40	2
Strawberry Banana	24	1 serving	390	5	1	0	0	5	220	82	3	71	16	2	150	50	4
Mixed Berry	16	1 serving	260	5	1	0	0	5	170	53	3	48	12	0	100	40	4
Mixed Berry	24	1 serving	360	10	1	0	0	5	220	75	5	66	16	2	150	50	6
Tropical Mango	16	1 serving	310	10	1	0	0	5	160	68	2	64	12	25	80	40	2
Tropical Mango	24	1 serving	430	10	1	0	0	5	220	94	3	89	16	30	150	50	2
Chocolate Banana	16	1 serving	500	90	10	3	0	10	210	91	4	75	15	6	20	50	6
Chocolate Banana	24	1 serving	760	130	14	4.5	0	10	310	138	7	113	24	10	25	70	8

Percentage Daily Values are based on a 2,000 calorie diet. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

The Nutritional Information Pinkberry® has provided is based on standard product formulations. Product variations may occur based on regional differences, ingredient substitutions, seasonal conditions, differences in product preparation at the store and suppliers. Some items listed may not be available in all stores. This list may not include test products, limited time offers, custom orders, self-service orders and regional menu variations.