



Yogurt Nutritional Information

	Serving Weight (g)	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)
Yogurt																	
Amaretto	142	Like it	180	0	0	0	0	0	150	39	0	31	5	0	0	15	0
Amaretto	227	Love it	290	0	0	0	0	0	240	62	0	49	7	0	0	25	0
Amaretto	340	Gotta Have it	430	0	0	0	0	0	360	93	0	74	11	0	0	35	0
Berry Tart	142	Like it	180	5	0	0	0	0	135	40	0	31	4	0	0	15	0
Berry Tart	227	Love it	280	5	0	0	0	0	220	64	0	50	7	0	2	25	0
Berry Tart	340	Gotta Have it	430	5	0.5	0	0	0	330	95	1	75	11	0	2	35	2
Black Cherry (sweet and tart)	142	Like it	170	0	0	0	0	0	140	38	1	28	4	0	0	15	2
Black Cherry (sweet and tart)	227	Love it	270	0	0	0	0	0	230	61	1	45	7	0	0	25	2
Black Cherry (sweet and tart)	340	Gotta Have it	400	0	0	0	0	0	350	91	1	67	10	0	0	35	4
Blueberry	142	Like it	180	0	0	0	0	0	140	41	0	31	4	0	0	15	0
Blueberry	227	Love it	280	0	0	0	0	0	230	65	1	49	7	0	0	25	0
Blueberry	340	Gotta Have it	430	0	0	0	0	0	350	98	1	74	10	0	0	35	0
Blueberry Pomegrante	142	Like it	180	0	0	0	0	0	140	40	0	32	4	0	0	15	0
Blueberry Pomegrante	227	Love it	290	0	0	0	0	0	230	64	0	52	7	0	0	25	0
Blueberry Pomegrante	340	Gotta Have it	430	0	0	0	0	0	340	96	0	78	11	0	0	35	0
Cake Batter™	142	Like it	210	5	1	0	0	0	240	46	0	34	5	0	0	15	2
Cake Batter™	227	Love it	330	10	1	0	0	0	380	74	0	54	7	0	0	25	2
Cake Batter™	340	Gotta Have it	500	15	2	0.5	0	0	580	111	1	81	11	0	0	35	4
Candy Cane	142	Like it	180	5	0.5	0	0	0	150	39	0	29	5	0	0	15	0
Candy Cane	227	Love it	280	10	1	0.5	0	0	250	62	0	47	7	0	0	25	0
Candy Cane	340	Gotta Have it	420	15	1.5	1	0	0	370	92	0	71	11	0	0	35	0
Caramel	142	Like it	190	5	0	0	0	0	170	41	0	30	5	0	0	15	0
Caramel	227	Love it	300	5	1	0	0	0	270	66	0	49	7	0	0	25	0
Caramel	340	Gotta Have it	450	10	1	0.5	0	5	400	98	0	73	11	0	0	35	0
Cheesecake	142	Like it	180	0	0	0	0	0	140	42	0	31	4	0	0	15	0
Cheesecake	227	Love it	290	0	0	0	0	0	230	67	0	49	7	0	0	25	0
Cheesecake	340	Gotta Have it	440	0	0	0	0	0	350	101	0	74	10	0	0	35	0
Chocolate	142	Like it	180	5	0	0	0	0	150	40	1	31	5	0	0	15	0
Chocolate	227	Love it	280	5	0.5	0	0	0	240	64	2	49	8	0	0	25	0
Chocolate	340	Gotta Have it	420	5	1	0	0	0	360	95	3	73	12	0	0	35	0
Chocolate Hazelnut	142	Like it	250	50	6	1	0	0	140	46	2	36	6	0	0	15	4
Chocolate Hazelnut	227	Love it	400	80	9	1.5	0	0	220	73	3	58	9	0	0	25	6
Chocolate Hazelnut	340	Gotta Have it	600	120	13	2.5	0	0	330	110	5	87	13	0	0	35	10
Chocolate Malt	142	Like it	220	15	1.5	0.5	0	5	190	45	1	34	7	0	0	20	0
Chocolate Malt	227	Love it	350	20	2.5	1	0	5	300	73	2	54	11	2	2	30	0
Chocolate Malt	340	Gotta Have it	520	35	3.5	1.5	0	5	450	109	3	82	16	2	2	45	2
Cinnamon	142	Like it	170	0	0	0	0	0	150	40	1	31	5	0	0	15	2
Cinnamon	227	Love it	280	0	0	0	0	0	240	63	1	50	7	0	0	25	4
Cinnamon	340	Gotta Have it	420	0	0	0	0	0	360	95	2	75	11	0	2	40	4
Cinnamon Bun	142	Like it	210	10	1	0	0	0	250	46	1	32	5	0	0	15	2
Cinnamon Bun	227	Love it	340	15	1.5	0.5	0	0	400	74	1	51	7	0	0	25	4
Cinnamon Bun	340	Gotta Have it	510	25	2.5	1	0	0	590	111	1	77	11	0	0	40	6
Coffee	142	Like it	170	0	0	0	0	0	150	39	0	31	5	0	0	15	0
Coffee	227	Love it	280	0	0	0	0	0	240	63	0	50	7	0	0	25	0
Coffee	340	Gotta Have it	420	0	0	0	0	0	370	94	1	75	11	0	0	35	0
Cookies and Creamery	142	Like it	210	20	2	0.5	0	0	190	44	0	33	5	0	0	15	2
Cookies and Creamery	227	Love it	330	30	3	1	0	0	310	70	1	53	8	0	0	25	4
Cookies and Creamery	340	Gotta Have it	500	40	4.5	1.5	0	0	460	104	1	79	12	0	0	35	6
Cookie Batter	142	Like it	230	35	4	0.5	0	0	320	44	0	33	5	0	0	15	2
Cookie Batter	227	Love it	370	60	6	1	0	0	520	71	0	52	7	0	0	25	2
Cookie Batter	340	Gotta Have it	570	80	9	1	0	0	760	113	1	85	11	0	0	35	2
Cotton Candy	142	Like it	180	0	0	0	0	0	150	40	0	31	5	0	0	15	0
Cotton Candy	227	Love it	280	0	0	0	0	0	240	64	0	49	7	0	0	25	0
Cotton Candy	340	Gotta Have it	420	0	0	0	0	0	360	96	0	73	11	0	0	35	0
Country Time® Pink Lemonade	142	Like it	190	0	0	0	0	0	150	43	0	34	4	0	4	15	0
Country Time® Pink Lemonade	227	Love it	300	0	0	0	0	0	240	68	0	55	7	0	4	25	0
Country Time® Pink Lemonade	340	Gotta Have it	440	0	0	0	0	0	360	102	0	83	11	0	8	35	0
Dark Chocolate	142	Like it	180	0	0	0	0	0	170	40	1	31	5	0	0	15	2
Dark Chocolate	227	Love it	280	5	0.5	0	0	0	280	64	2	49	8	0	0	25	2
Dark Chocolate	340	Gotta Have it	420	10	1	0	0	0	420	96	3	73	12	0	0	35	4
Eggnog	142	Like it	180	15	1.5	1	0	15	140	36	0	28	5	0	0	15	0
Eggnog	227	Love it	280	25	2.5	1.5	0	20	220	58	0	45	8	2	0	25	0
Eggnog	340	Gotta Have it	420	35	4	2.5	0	30	330	86	0	68	11	2	2	40	0
French Vanilla	142	Like it	190	5	0	0	0	20	140	42	0	32	4	0	0	15	0
French Vanilla	227	Love it	300	5	0.5	0	0	30	230	68	0	51	7	0	0	25	0
French Vanilla	340	Gotta Have it	450	10	1	0	0	50	340	101	1	77	10	2	0	35	0
Key Lime	142	Like it	210	15	2	1	0	10	140	46	0	37	4	0	0	15	0
Key Lime	227	Love it	340	25	3	1.5	0	10	220	73	0	59	7	0	0	20	0
Key Lime	340	Gotta Have it	510	40	4	2.5	0	20	330	110	0	88	10	0	0	35	0
Mango	142	Like it	170	0	0	0	0	0	125	37	0	29	4	8	0	10	0
Mango	227	Love it	260	0	0	0	0	0	200	60	0	47	6	15	0	20	0
Mango	340	Gotta Have it	400	0	0	0	0	0	300	90	0	71	9	20	0	30	0

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Yogurt																			
Mint	142	Like it	180	5	0	0	0	0	0	150	40	0	31	5	0	0	15	0	
Mint	227	Love it	290	5	0	0	0	0	0	240	64	0	50	7	0	0	25	0	
Mint	340	Gotta Have it	430	5	0.5	0	0	0	0	360	96	0	76	11	0	0	35	0	
Oatmeal Cookie Batter	142	Like it	190	0	0	0	0	0	0	180	42	1	32	5	2	0	15	2	
Oatmeal Cookie Batter	227	Love it	300	5	0	0	0	0	0	290	67	1	51	8	4	0	25	4	
Oatmeal Cookie Batter	340	Gotta Have it	450	5	0.5	0	0	0	0	430	100	1	76	12	6	0	40	6	
Peanut Butter	142	Like it	230	60	6	1.5	0	0	0	200	38	1	30	7	0	0	15	2	
Peanut Butter	227	Love it	370	90	10	2	0	0	0	310	61	1	47	12	0	0	25	2	
Peanut Butter	340	Gotta Have it	550	130	15	3	0	0	0	470	92	2	71	18	0	0	35	4	
Pineapple (sweet and tart)	142	Like it	160	0	0	0	0	0	0	130	36	0	29	4	0	4	15	0	
Pineapple (sweet and tart)	227	Love it	250	0	0	0	0	0	0	210	58	1	46	6	0	6	20	0	
Pineapple (sweet and tart)	340	Gotta Have it	380	0	0	0	0	0	0	310	87	1	71	10	0	8	30	0	
Plain Tart	142	Like it	170	0	0	0	0	0	0	150	39	0	31	5	0	0	15	0	
Plain Tart	227	Love it	280	0	0	0	0	0	0	250	63	0	50	7	0	0	25	0	
Plain Tart	340	Gotta Have it	420	0	0	0	0	0	0	370	94	1	75	11	0	0	35	0	
Pumpkin	142	Like it	160	0	0	0	0	0	0	170	35	1	27	4	50	0	15	0	
Pumpkin	227	Love it	250	0	0	0	0	0	0	260	56	1	44	7	80	0	20	2	
Pumpkin	340	Gotta Have it	380	5	0	0	0	0	0	400	84	2	66	10	120	0	30	2	
Raspberry (sweet and tart)	142	Like it	180	0	0	0	0	0	0	150	42	0	32	4	0	0	15	0	
Raspberry (sweet and tart)	227	Love it	290	0	0	0	0	0	0	240	67	0	51	7	0	0	25	0	
Raspberry (sweet and tart)	340	Gotta Have it	440	0	0	0	0	0	0	360	101	1	76	10	0	0	35	0	
Strawberry (sweet and tart)	142	Like it	190	0	0	0	0	0	0	140	43	1	33	4	0	2	15	2	
Strawberry (sweet and tart)	227	Love it	300	0	0	0	0	0	0	230	69	1	53	7	0	2	25	2	
Strawberry (sweet and tart)	340	Gotta Have it	450	0	0	0	0	0	0	340	104	1	80	11	0	4	35	4	
Vanilla Bean	142	Like it	170	0	0	0	0	0	0	160	35	0	26	5	0	0	15	0	
Vanilla Bean	227	Love it	260	0	0	0	0	0	0	250	56	0	42	7	0	0	25	0	
Vanilla Bean	340	Gotta Have it	400	0	0	0	0	0	0	370	84	1	63	11	0	0	35	0	
Vanilla	142	Like it	170	0	0	0	0	0	0	150	40	0	31	5	0	0	15	0	
Vanilla	227	Love it	280	0	0	0	0	0	0	240	63	0	49	7	0	0	25	0	
Vanilla	340	Gotta Have it	420	0	0	0	0	0	0	360	95	0	74	11	0	0	35	0	
White Chocolate	142	Like it	170	0	0	0	0	0	0	150	39	0	31	5	0	0	15	0	
White Chocolate	227	Love it	280	0	0	0	0	0	0	240	62	0	49	7	0	0	25	0	
White Chocolate	340	Gotta Have it	420	0	0	0	0	0	0	360	93	0	74	11	0	0	35	0	

Percentage Daily Values are based on a 2,000 calorie diet.

The Nutritional Information Cold Stone Creamery has provided is based on standard product formulations. Product variations may occur based on regional differences, ingredient substitutions, seasonal conditions, differences in product production 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 and regional menu variations.