




Yogurt Nutritional Information

	Serving Weight (g)	Size	Total Calories (cal)	Calories from fat (fat cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Yogurt													
Amaretto	142	Like It®	180	0	0	0	0	0	140	39	0	32	5
Amaretto	227	Love It®	290	0	0	0	0	0	230	63	0	51	8
Amaretto	340	Gotta Have It®	430	0	0	0	0	0	340	94	0	76	12
Banana Bread Batter	142	Like It	230	20	2.5	0.5	0	0	260	47	1	32	5
Banana Bread Batter	227	Love It	360	35	3.5	1	0	0	410	76	1	51	8
Banana Bread Batter	340	Gotta Have It	550	50	6	1.5	0	0	620	114	1	76	12
Berry Tart	142	Like It	170	0	0	0	0	0	130	38	0	31	5
Berry Tart	227	Love It	270	0	0	0	0	0	210	62	0	50	8
Berry Tart	340	Gotta Have It	410	0	0	0	0	0	320	92	1	75	11
Black Cherry (sweet and tart)	142	Like It	170	0	0	0	0	0	135	39	1	29	5
Black Cherry (sweet and tart)	227	Love It	280	0	0	0	0	0	210	63	1	47	8
Black Cherry (sweet and tart)	340	Gotta Have It	400	0	0	0	0	0	350	91	1	67	10
Blueberry	142	Like It	190	0	0	0	0	0	140	42	0	32	5
Blueberry	227	Love It	300	0	0	0	0	0	220	67	1	51	8
Blueberry	340	Gotta Have It	440	0	0	0	0	0	330	101	1	77	11
Blueberry Pomegrante	142	Like It	180	0	0	0	0	0	135	39	0	32	5
Blueberry Pomegrante	227	Love It	280	0	0	0	0	0	220	63	0	51	8
Blueberry Pomegrante	340	Gotta Have It	420	0	0	0	0	0	320	94	0	77	11
Cake Batter™	142	Like It	210	5	0.5	0	0	0	200	47	0	35	5
Cake Batter	227	Love It	340	10	1	0	0	0	320	75	0	56	8
Cake Batter	340	Gotta Have It	510	15	1.5	0	0	0	480	113	1	85	12
Candy Cane	142	Like It	180	5	0.5	0	0	0	150	39	0	29	5
Candy Cane	227	Love It	290	10	1	0.5	0	0	230	62	0	48	8
Candy Cane	340	Gotta Have It	420	15	1.5	1	0	0	370	92	0	71	11
Caramel	142	Like It	190	5	0.5	0	0	0	160	42	0	31	5
Caramel	227	Love It	300	5	1	0.5	0	0	250	66	0	50	8
Caramel	340	Gotta Have It	450	10	1	1	0	5	380	99	0	75	12
Cheesecake	142	Like It	190	5	0.5	0	0	0	180	43	0	33	5
Cheesecake	227	Love It	310	10	1	0.5	0	5	290	68	0	52	8
Cheesecake	340	Gotta Have It	460	10	1.5	1	0	5	440	102	0	78	12
Cherry Vanilla	142	Like It	190	0	0	0	0	0	135	41	0	33	5
Cherry Vanilla	227	Love It	300	0	0	0	0	0	210	66	1	52	8
Cherry Vanilla	340	Gotta Have It	450	0	0	0	0	0	320	99	1	78	11
Chocolate	142	Like It	180	5	0	0	0	0	140	40	1	31	6
Chocolate	227	Love It	290	5	0.5	0	0	0	230	64	2	50	9
Chocolate	340	Gotta Have It	430	5	1	0	0	0	340	96	2	75	14
Chocolate Malt	142	Like It	220	15	1.5	0.5	0	5	180	45	1	35	7
Chocolate Malt	227	Love It	350	25	2.5	1	0	5	290	73	1	56	11
Chocolate Malt	340	Gotta Have It	520	35	3.5	1.5	0	10	440	110	2	83	17
Cinnamon	142	Like It	180	0	0	0	0	0	140	40	1	32	5
Cinnamon	227	Love It	280	0	0	0	0	0	230	64	1	51	8
Cinnamon	340	Gotta Have It	420	0	0	0	0	0	340	96	2	77	12
Cinnamon Bun	142	Like It	220	10	1	0	0	0	210	48	1	34	5
Cinnamon Bun	227	Love It	350	15	1.5	0	0	0	340	76	1	54	8
Cinnamon Bun	340	Gotta Have It	520	20	2.5	0.5	0	0	500	114	1	81	12
Coffee	142	Like It®	180	0	0	0	0	0	140	40	0	32	5
Coffee	227	Love It®	290	0	0	0	0	0	230	65	0	51	9
Coffee	340	Gotta Have It®	430	0	0	0	0	0	340	97	0	76	13
Cookies and Creamery™	142	Like It	210	20	2	0.5	0	0	170	44	0	34	5
Cookies and Creamery	227	Love It	340	30	3	1	0	0	280	70	1	54	8
Cookies and Creamery	340	Gotta Have It	500	45	5	1.5	0	0	420	105	1	81	12
Cotton Candy	142	Like It	180	0	0	0	0	0	140	40	0	32	5
Cotton Candy	227	Love It	280	0	0	0	0	0	230	64	0	50	7
Cotton Candy	340	Gotta Have It	430	0	0	0	0	0	340	96	0	76	12

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Yogurt													
Country Time® Pink Lemonade	142	Like It	190	0	0	0	0	0	150	43	0	36	5
Country Time Pink Lemonade	227	Love It	300	0	0	0	0	0	240	69	0	57	8
Country Time Pink Lemonade	340	Gotta Have It	450	0	0	0	0	0	350	103	0	86	12
Dark Chocolate	142	Like It	180	5	0	0	0	0	140	40	1	32	6
Dark Chocolate	227	Love It	280	5	0.5	0	0	0	230	64	2	50	9
Dark Chocolate	340	Gotta Have It	420	10	1	0	0	0	340	96	3	75	14
Eggnog	142	Like It	170	10	1	0.5	0	15	135	35	0	29	5
Eggnog	227	Love It	270	15	1.5	1	0	20	210	56	0	46	9
Eggnog	340	Gotta Have It	400	20	2.5	1.5	0	30	320	84	0	69	13
French Vanilla	142	Like It	200	5	0.5	0	0	25	135	43	0	33	5
French Vanilla	227	Love It	310	10	1	0	0	40	210	69	0	53	8
French Vanilla	340	Gotta Have It	470	15	1.5	0	0	60	320	104	0	79	12
Fudge Brownie Batter	142	Like It	270	45	5	2	0	5	240	51	1	39	6
Fudge Brownie Batter	227	Love It	430	70	8	3.5	0	10	380	82	2	62	9
Fudge Brownie Batter	340	Gotta Have It	640	110	12	5	0	15	570	122	2	93	14
Graham Cracker	142	Like It	220	25	3	1	0	0	210	44	0	31	5
Graham Cracker	227	Love It	350	40	4.5	1	0	0	330	71	0	49	9
Graham Cracker	340	Gotta Have It	530	60	7	2	0	0	490	106	0	73	13
Key Lime	142	Like It	220	15	2	1	0	10	130	47	0	38	5
Key Lime	227	Love It	350	25	3	1.5	0	15	210	74	0	60	8
Key Lime	340	Gotta Have It	520	40	4.5	2.5	0	25	310	111	0	90	11
Mango	142	Like It	170	0	0	0	0	0	115	40	0	34	4
Mango	227	Love It	280	0	0	0	0	0	180	65	0	54	7
Mango	340	Gotta Have It	410	0	0	0	0	0	280	97	0	81	10
Marshmallow	142	Like It	190	0	0	0	0	0	160	42	0	27	5
Marshmallow	227	Love It	300	0	0	0	0	0	250	67	0	44	8
Marshmallow	340	Gotta Have It	450	0	0	0	0	0	380	101	0	65	12
Mint	142	Like It	180	5	0	0	0	0	140	41	0	44	5
Mint	227	Love It	290	5	0.5	0	0	0	230	65	0	52	8
Mint	340	Gotta Have It	440	5	1	0	0	0	340	97	0	78	12
Oatmeal Cookie Batter	142	Like It	190	0	0	0	0	0	170	42	0	33	5
Oatmeal Cookie Batter	227	Love It	300	5	0	0	0	0	270	67	1	52	9
Oatmeal Cookie Batter	340	Gotta Have It	450	5	0.5	0	0	0	400	101	1	78	13
Peach	142	Like It	190	0	0	0	0	0	140	43	0	36	5
Peach	227	Love It	300	0	0	0	0	0	230	69	0	58	8
Peach	340	Gotta Have It	450	0	0	0	0	0	350	104	0	86	11
Peanut Butter	142	Like It	230	60	6	1	0	0	180	39	1	31	7
Peanut Butter	227	Love It	370	90	10	2	0	0	290	62	1	49	12
Peanut Butter	340	Gotta Have It	560	130	15	3	0	0	440	93	2	74	18
Pineapple (sweet and tart)	142	Like It	160	0	0	0	0	0	120	37	0	30	4
Pineapple (sweet and tart)	227	Love It	260	0	0	0	0	0	190	59	1	48	7
Pineapple (sweet and tart)	340	Gotta Have It	390	0	0	0	0	0	290	88	1	72	11
Plain Tart	142	Like It	170	0	0	0	0	0	140	39	0	32	5
Plain Tart	227	Love It	280	0	0	0	0	0	230	62	0	51	8
Plain Tart	340	Gotta Have It	420	0	0	0	0	0	340	93	0	76	12
Pumpkin	142	Like It®	160	0	0	0	0	0	160	35	1	28	4
Pumpkin	227	Love It®	250	0	0	0	0	0	250	56	1	45	7
Pumpkin	340	Gotta Have It®	390	0	0	0	0	0	380	84	1	68	10
Raspberry (sweet and tart)	142	Like It	190	0	0	0	0	0	140	43	0	33	5
Raspberry (sweet and tart)	227	Love It	300	0	0	0	0	0	230	68	0	52	8
Raspberry (sweet and tart)	340	Gotta Have It	450	0	0	0	0	0	340	102	0	78	12
Salted Caramel	142	Like It	200	5	1	0	0	15	310	43	0	32	5
Salted Caramel	227	Love It	320	10	1.5	0.5	0	25	490	69	0	51	8
Salted Caramel	340	Gotta Have It	470	15	2	1	0	35	740	104	0	76	12

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Yogurt													
Strawberry (sweet and tart)	142	Like It	180	0	0	0	0	0	130	40	0	33	5
Strawberry (sweet and tart)	227	Love It	280	0	0	0	0	0	210	65	0	53	8
Strawberry (sweet and tart)	340	Gotta Have It	430	0	0	0	0	0	320	97	1	79	11
Triple Berry	142	Like It	150	0	0	0	0	0	130	34	1	26	5
Triple Berry	227	Love It	240	0	0	0	0	0	200	54	2	42	8
Triple Berry	340	Gotta Have It	370	0	0	0	0	0	310	81	2	63	11
Vanilla	142	Like It	180	0	0	0	0	0	140	39	0	32	5
Vanilla	227	Love It	290	0	0	0	0	0	230	63	0	51	8
Vanilla	340	Gotta Have It	430	0	0	0	0	0	340	94	0	77	12
Vanilla Bean	142	Like It	170	0	0	0	0	0	190	35	0	27	5
Vanilla Bean	227	Love It	260	0	0	0	0	0	300	55	0	43	8
Vanilla Bean	340	Gotta Have It	400	0	0	0	0	0	440	83	0	65	13
White Chocolate	142	Like It	180	0	0	0	0	0	140	39	0	32	5
White Chocolate	227	Love It	280	0	0	0	0	0	230	63	0	51	8
White Chocolate	340	Gotta Have It	420	0	0	0	0	0	340	94	0	76	12

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 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 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.

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