



NUTRITIONAL INFORMATION

Serving size is based on 1 oz.

- Yogurt
- Dole Non-Dairy
- Reduced Sugar Yogurt
- Gelato

	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Sugar (g)	Protein (g)	Calcium (%DV)	Gluten Free
Arctic Peppermint Patty	35	0	0	0	0	0	32	8	7	1	5	✓
Banana	35	0	0	0	0	0	30	8	7	1	5	✓
Banana Nut	35	0	0	0	0	0	30	8	7	1	5	✓
Black Cherry	35	0	0	0	0	0	20	8	7	1	5	✓
Boysenberry	35	0	0	0	0	0	20	8	7	1	5	✓
Butter Pecan	35	0	0	0	0	0	40	8	7	1	5	✓
Caramel	35	0	0	0	0	0	30	8	7	1	5	✓
Caramel Apple	35	0	0	0	0	0	30	8	7	1	5	✓
Cheesecake	40	10	1	0.5	0	10	30	7	6	1	5	✓
Chocolate	35	0	0	0	0	0	30	7	6	1	5	✓
Chocolate Coconut Truffle	35	0	0	0	0	0	35	7	6	1	5	✓
Chocolate Hazelnut	45	10	1	0	0	0	30	9	8	2	5	✓
Chocolate Mint	35	0	0	0	0	0	33	7	6	1	5	✓
Chocolate Raspberry	35	1	0	0	0	0	30	8	7	1	5	✓
Chocolate Turtle	35	0	0	0	0	0	30	7	6	1	5	✓
Cinnamon Roll	35	0	0	0	0	0	35	8	7	1	5	✓
Coconut	35	0	0	0	0	0	35	8	7	1	5	✓
Coffee	35	0	0	0	0	0	30	8	6	1	5	✓
Coffee Liqueur	35	0	0	0	0	0	30	8	7	1	5	✓
Cookies 'n Cream	35	0	0	0	0	0	35	8	6	1	5	✓
Cotton Candy	35	0	0	0	0	0	30	8	7	1	5	✓
Crème de Menthe	35	0	0	0	0	0	30	8	7	1	5	✓
Dark Chocolate	35	0	0	0	0	0	30	7	6	1	5	✓
Dulce de Leche	35	0	0	0	0	0	35	8	7	1	5	✓
Fruit Punch	35	0	0	0	0	0	20	8	7	1	5	✓
Fudge Brownie	35	0	0	0	0	0	30	8	6	1	5	✓
Gingerbread	35	0	0	0	0	0	30	8	7	1	5	✓
Key Lime Pie	35	0	2	2	2	<5	30	9	8	3	5	✓
Kiwi	35	0	0	0	0	0	20	8	7	1	5	✓
Mango	35	0	0	0	0	0	15	8	7	1	5	✓
Maple Walnut	35	0	0	0	0	0	35	8	7	1	5	✓
Mint Chocolate	35	0	0	0	0	0	30	8	7	1	5	✓
Mud Pie	40	0	0	0	0	0	35	8	6	1	5	✓
Orange	35	0	0	0	0	0	20	8	7	1	5	✓
Orange Creamsicle	35	0	0	0	0	0	35	8	7	1	5	✓
Peanut Butter	45	10	1.5	0	0	0	30	7	6	2	5	✓
Peach	35	0	0	0	0	0	15	8	7	1	5	✓
Peaches 'n Cream	35	0	0	0	0	0	30	8	7	1	5	✓
Peppermint Candy	35	0	0	0	0	0	30	8	7	1	5	✓
Pistachio	35	0	0	0	0	0	30	8	7	1	5	✓
Plain Tart	35	0	0	0	0	0	15	8	6	1	5	✓
Pomegranate	35	0	0	0	0	0	15	8	7	1	5	✓
Pumpkin Spice Latte	35	0	0	0	0	0	30	8	6	1	5	✓
Raspberry	35	0	0	0	0	0	15	8	7	1	5	✓
Red Velvet Cake	35	0	0	0	0	0	40	8	7	1	5	✓
Root Beer Float	35	0	0	0	0	0	30	8	6	1	5	✓
Salted Caramel	35	0	0	0	0	0	35	8	7	1	5	✓
Samoa Cookie	35	0	0	0	0	0	30	8	6	1	5	✓
Snickerdoodle	35	0	0	0	0	0	30	8	7	1	5	✓
Spiced Pumpkin Pie	30	0	0	0	0	0	30	9	6	1	5	✓

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Strawberry	35	0	0	0	0	0	15	8	7	1	5	✓
Strawberry Banana	35	0	0	0	0	0	15	8	7	1	5	✓
Strawberry Kiwi	35	0	0	0	0	0	20	9	7	1	5	✓
Strawberry Shortcake	40	0	0	0	0	0	40	8	7	1	5	
Thai Lemonade	35	0	0	0	0	0	20	8	7	1	5	✓
Thin Mint Cookie	30	0	0	0	0	0	25	6	6	1	5	
Tiramisu	35	0	0	0	0	0	30	8	7	1	5	✓
Toasted Marshmallow	35	0	0	0	0	<5	30	8	7	1	5	✓
Vanilla	35	0	0	0	0	0	30	7	6	1	5	✓
Vanilla Bean	35	0	0	0	0	0	30	8	7	1	5	✓
Watermelon	35	0	0	0	0	0	10	8	7	1	5	✓
White Cake Batter	35	0	0	0	0	0	35	8	7	1	5	
Ghirardelli White Chocolate	35	0	0	0	0	0	30	8	7	1	5	✓
Dole Orange (Non-Dairy)	25	0	0	0	0	0	0	5	5	0	0	✓
Dole Lemon (Non-Dairy)	25	0	0	0	0	0	0	5	5	0	0	✓
Dole Pineapple (Non-Dairy)	25	0	0	0	0	0	0	5	5	0	0	✓
Dole Raspberry (Non-Dairy)	25	0	0	0	0	0	0	6	5	0	0	✓
Pineapple Kiwi (Non-Dairy)	25	0	0	0	0	0	0	5	5	0	0	✓
Pineapple Pomegranate (Non-Dairy)	25	0	0	0	0	0	0	5	5	0	0	✓
Raspberry Pomegranate (Non-Dairy)	25	0	0	0	0	0	0	6	5	0	0	✓
Raspberry Watermelon (Non-Dairy)	25	0	0	0	0	0	0	5	5	0	0	✓
Reduced Sugar Caramel	25	0	0	0	0	0	35	7	2	1	5	
Reduced Sugar Chocolate Roll	25	0	0	0	0	0	35	7	2	1	5	✓
Reduced Sugar Coffee	25	0	0	0	0	0	35	6	2	1	5	✓
Reduced Sugar Coffee Liqueur	20	0	0	0	0	0	35	6	2	1	5	✓
Reduced Sugar English Toffee	20	0	0	0	0	0	35	6	2	1	5	✓
Reduced Sugar Mocha	25	0	0	0	0	0	35	6	2	1	5	✓
Reduced Sugar Vanilla	25	0	0	0	0	0	35	6	2	1	5	✓
Reduced Sugar White Chocolate	20	0	0	0	0	0	35	6	2	1	5	✓
Arctic Peppermint Patty Gelato	40	5	0.5	0.5	0	0	45	7	6	1	5	✓
Banana Gelato	40	5	0.5	0.5	0	0	45	7	6	1	5	✓
Banana Nut Gelato	40	5	0.5	0.5	0	0	45	7	6	1	5	✓
Butter Pecan Gelato	40	5	0.5	0.5	0	0	50	7	6	1	5	✓
Chocolate Gelato	40	5	1	0.5	0	0	45	8	6	1	5	✓
Cinnamon Roll Gelato	40	5	0.5	0.5	0	0	45	8	7	1	5	✓
Coconut Gelato	45	5	1	0.5	0	0	45	8	6	1	5	✓
Coffee Gelato	45	10	1	1	0	0	40	7	5	1	5	✓
Cookies 'n Cream Gelato	40	10	1	1	0	0	45	7	6	1	5	
Dulce de Leche Gelato	40	5	0.5	0.5	0	0	45	8	6	1	5	✓
Maple Walnut Gelato	40	5	0.5	0.5	0	0	45	7	6	1	5	✓
Chocolate Hazelnut Gelato	50	15	1.5	1	0	0	40	8	7	2	5	✓
Peaches 'n Cream Gelato	40	5	0.5	0.5	0	0	45	7	6	1	5	✓
Pistachio Gelato	40	5	0.5	0.5	0	0	45	7	6	1	5	✓
Pumpkin Spice Latte Gelato	40	5	0.5	0.5	0	0	40	7	5	1	5	✓
Salted Caramel Gelato	40	5	0.5	0.5	0	0	45	7	6	1	5	✓
Snickerdoodle Gelato	40	5	0.5	0.5	0	0	45	7	6	1	5	✓
Spiced Pumpkin Pie Gelato	35	5	0.5	0.5	0	0	40	9	5	1	5	✓
Tiramisu Gelato	40	5	0.5	0.5	0	0	45	8	6	1	5	✓
Vanilla Gelato	40	5	0.5	0.5	0	0	45	7	5	2	5	✓
Vanilla Bean Gelato	40	5	0.5	0.5	0	0	45	7	6	1	5	✓
White Cake Batter Gelato	40	5	0.5	0.5	0	0	50	8	6	1	5	✓
Ghirardelli White Chocolate Gelato	40	5	1	0.5	0	0	45	7	6	1	5	✓

Our flavors are tree nut free except chocolate hazelnut.

Peachwave's nutritional analysis is comprised of data from our ingredient suppliers and rounded to meet the most current US FDA Nutrition Labeling and Education Act (NLEA) requirements. Variations may exist due to periodic changes, formulations and/or mixing procedures. Some products may not be available at all Peachwave locations. New product introductions, product changes and limited or seasonal products may not be shown. Statements contained herein should not be considered as warranty of any kind, express or implied. Percent Daily Values (DV) are based on a 2,000 calorie diet.