



# NUTRITIONAL INFORMATION

Serving size is based on 1 oz.

- Yogurt
- Non-Dairy
- Lower Sugar Yogurt w/ Stevia
- 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	30	7	6	1	6	✓
Arctic Mallow Kiss	40	0	0.5	0	0	5	35	7	6	1	6	✓
Banana	35	0	0	0	0	0	30	8	7	1	4	✓
Black Cherry	35	0	0	0	0	0	15	8	7	1	4	✓
Blueberry	35	0	0	0	0	0	15	8	7	1	4	✓
Blueberry Lemonade	35	0	0	0	0	0	15	7	6	1	4	✓
Brownie Batter	40	0	0	0	0	0	35	8	7	1	4	
Butter Pecan	35	0	0	0	0	0	40	8	7	1	4	✓
Cappuccino	30	0	0	0	0	0	30	8	6	1	6	✓
Cheesecake	40	5	1	0.5	0	10	40	7	6	1	8	✓
Chocolate	35	0	0	0	0	0	30	7	6	1	4	✓
Chocolate Coconut Truffle	35	0	0	0	0	0	30	8	6	1	4	✓
Chocolate Hazelnut	35	0	0	0	0	0	30	7	6	1	4	✓
Chocolate Mint	35	0	0	0	0	0	30	7	6	1	4	✓
Chocolate Raspberry	35	0	0	0	0	0	30	7	3	2	5	✓
Chocolate Turtle	35	0	0	0	0	0	35	7	6	1	4	✓
Cinnamon Roll	40	0	0	0	0	0	30	9	8	1	4	✓
Coconut	35	0	0	0	0	0	35	8	7	1	6	✓
Cotton Candy	35	0	0	0	0	0	30	8	7	1	6	✓
Cream Cheese Carrot Cake	35	0	0	0	0	0	35	7	6	1	6	✓
Dark Chocolate	35	0	0	0	0	0	30	7	6	1	4	✓
Double Stufft Cookies n' Cream	60	10	1	0	0	0	50	11	8	1	4	
Dulce de Leche	35	0	0	0	0	0	30	8	7	1	6	✓
English Toffee	35	0	0	0	0	0	30	7	6	1	6	✓
Euro Tart	35	0	0	0	0	0	15	8	6	1	4	✓
Fudge Pop	35	0	0	0	0	0	30	7	6	1	4	
Gingerbread	35	0	0	0	0	0	30	8	7	1	6	✓
Gingerbread Cinnamon Cake	35	0	0	0	0	0	30	8	7	1	6	✓
Hazelnut	35	0	0	0	0	0	30	8	7	1	6	✓
Hazelnut Latte	35	0	0	0	0	0	30	8	7	1	6	✓
Key Lime Pie	35	0	0	0	0	<5	35	8	6	1	6	✓
Kiwi	35	0	0	0	0	0	20	8	7	1	4	✓
Lime	35	0	0	0	0	0	15	8	7	1	4	✓
Mango	35	0	0	0	0	0	15	8	7	1	4	✓
Maple Walnut	35	0	0	0	0	0	35	8	7	1	6	✓
Mint Cookie	40	0	0	0	0	0	35	8	6	1	4	
Mud Pie	40	0	0	0	0	0	40	8	7	1	6	
Orange Cream Soda	35	0	0	0	0	0	30	8	7	1	6	✓
Peach	35	0	0	0	0	0	15	8	7	1	4	✓
Peaches 'n Cream	35	0	0	0	0	0	30	8	7	1	6	✓
Peanut Butter	45	10	1.5	0	0	0	30	7	6	2	4	✓
Pistachio	35	0	0	0	0	0	30	8	7	1	4	✓
Pomegranate	35	0	0	0	0	0	15	8	7	1	4	✓
Pumpkin Spice Latte	35	0	0	0	0	0	30	7	6	1	4	✓
Raspberry	35	0	0	0	0	0	15	8	6	1	4	✓
Red Velvet Cake	35	0	0	0	0	0	35	8	7	1	6	
Root Beer Float	35	0	0	0	0	0	30	8	7	1	6	
Salted Caramel	35	0	0	0	0	0	35	8	7	1	6	✓
Snickerdoodle	35	0	0	0	0	0	30	8	7	1	6	✓
Spiced Pumpkin Pie	35	0	0	0	0	0	30	7	6	1	4	
Strawberry	35	0	0	0	0	0	15	8	7	1	4	✓
Strawberry Banana	35	0	0	0	0	0	15	8	7	1	4	✓
Strawberry Kiwi	35	0	0	0	0	0	15	9	7	1	4	✓
Strawberry Shortcake	40	0	0	0	0	0	35	9	8	1	6	
Taro	40	0	0	0	0	0	30	8	6	1	4	✓
Thai Lemonade	35	0	0	0	0	0	15	8	7	1	4	✓
Toasted Coconut Delight	35	0	0	0	0	0	35	8	7	1	6	✓
Toasted Marshmallow	35	0	0	0	0	0	30	8	6	1	4	
Vanilla	35	0	0	0	0	0	30	7	6	1	5	✓

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Vanilla Bean	35	0	0	0	0	0	30	8	7	1	6	✓
Watermelon	35	0	0	0	0	0	15	8	7	1	4	✓
White Cake Batter	35	0	0	0	0	0	35	8	7	1	6	
DOLE SOFT SERVE® Lemon (Non-Dairy/Vegan)	30	0	0	0	0	0	0	7	6	0	0	✓
DOLE SOFT SERVE® Orange (Non-Dairy/Vegan)	30	0	0	0	0	0	0	7	6	0	0	✓
DOLE SOFT SERVE® Pineapple (Non-Dairy/Vegan)	30	0	0	0	0	0	0	7	7	0	0	✓
DOLE SOFT SERVE® Raspberry (Non-Dairy/Vegan)	30	0	0	0	0	0	0	7	7	0	0	✓
Lemon Lime Sour Candy (Non-Dairy/Vegan)	25	0	0	0	0	0	5	5	5	0	0	✓
Limeade (Non-Dairy/Vegan)	30	0	0	0	0	0	0	7	7	0	0	✓
Pineapple Kiwi (Non-Dairy/Vegan)	30	0	0	0	0	0	0	7	7	0	0	✓
Pineapple Pomegranate (Non-Dairy/Vegan)	30	0	0	0	0	0	0	7	7	0	0	✓
Raspberry Lemonade (Non-Dairy/Vegan)	30	0	0	0	0	0	0	7	7	0	0	✓
Raspberry Pomegranate (Non-Dairy/Vegan)	30	0	0	0	0	0	8	7	7	0	0	✓
Raspberry Watermelon (Non-Dairy/Vegan)	30	0	0	0	0	0	8	7	7	0	0	✓
Raspberry Watermelon Sour Candy (Non-Dairy/Vegan)	25	0	0	0	0	0	5	6	5	0	0	✓
Strawberry Lemonade (Non-Dairy/Vegan)	30	0	0	0	0	0	0	7	7	0	0	✓
Tropical Sour Candy (Non-Dairy/Vegan)	30	0	0	0	0	0	5	6	7	0	1	✓
Lower Sugar w/ Stevia - Arctic Peppermint Patty	30	0	0	0	0	0	40	7	3	2	6	✓
Lower Sugar w/ Stevia - Blueberries 'n Cream	30	0	0	0	0	0	35	7	3	2	6	✓
Lower Sugar w/ Stevia - Cookies 'n Cream	30	0	0	0	0	0	40	7	3	2	4	
Lower Sugar w/ Stevia - Cotton Candy	30	0	0	0	0	0	35	7	3	2	4	✓
Lower Sugar w/ Stevia - English Toffee	30	0	0	0	0	0	40	7	3	2	4	✓
Lower Sugar w/ Stevia - Orange Cream Soda	30	0	0	0	0	0	35	7	3	2	6	✓
Lower Sugar w/ Stevia - Peaches 'n Cream	30	0	0	0	0	0	35	7	3	2	4	✓
Lower Sugar w/ Stevia - Salted Caramel	30	0	0	0	0	0	40	7	3	2	4	✓
Lower Sugar w/ Stevia - Toasted Marshmallow	30	0	0	0	0	0	35	7	3	2	4	
Lower Sugar w/ Stevia - Vanilla	30	0	0	0	0	0	40	7	3	2	6	✓
Lower Sugar w/ Stevia - Vanilla Bean	30	0	0	0	0	0	35	7	3	2	4	✓
Lower Sugar w/ Stevia - White Cake Batter	30	0	0	0	0	0	40	8	3	2	6	
Arctic Peppermint Patty Gelato	40	5	0.5	0.5	0	0	45	7	6	1	4	✓
Arctic Mallow Kiss Gelato	45	10	1	1	0	<5	45	7	6	1	6	✓
Banana Gelato	40	5	0.5	0.5	0	0	40	7	6	1	4	✓
Butter Pecan Gelato	40	5	0.5	0.5	0	0	50	7	6	1	4	✓
Cappuccino Gelato	40	5	0.5	0.5	0	0	45	7	6	1	4	✓
Cinnamon Roll Gelato	40	5	0.5	0.5	0	0	45	8	7	1	4	✓
Coconut Gelato	40	5	1	0.5	0	0	45	8	6	1	4	✓
Cream Cheese Carrot Cake Gelato	40	10	1	1	0	<5	45	7	6	1	6	✓
Double Stuff'd Cookies n' Cream Gelato	40	5	0.5	0.5	0	0	45	8	6	1	4	
Dulce de Leche Gelato	40	5	0.5	0.5	0	0	45	8	6	1	4	✓
English Toffee Gelato	40	5	0.5	0.5	0	0	45	7	6	1	4	✓
Gingerbread Cinnamon Cake Gelato	40	5	0.5	0.5	0	0	45	8	6	1	4	✓
Hazelnut Gelato	40	5	0.5	0.5	0	0	45	8	6	1	4	✓
Hazelnut Latte Gelato	40	5	0.5	0.5	0	0	40	8	6	1	4	✓
Maple Walnut Gelato	40	5	0.5	0.5	0	0	45	8	6	1	4	✓
Orange Cream Soda Gelato	40	5	0.5	0.5	0	0	45	7	6	1	4	✓
Peaches 'n Cream Gelato	40	5	0.5	0.5	0	0	45	8	6	1	4	✓
Pistachio Gelato	40	5	0.5	0.5	0	0	45	7	6	1	4	✓
Pumpkin Spice Latte Gelato	40	5	0.5	0.5	0	0	40	7	6	1	4	✓
Root Beer Float Gelato	40	5	0.5	0.5	0	0	45	8	6	1	4	
Salted Caramel Gelato	40	5	0.5	0.5	0	0	45	8	6	1	4	✓
Snickerdoodle Gelato	40	5	0.5	0.5	0	0	45	8	6	1	4	✓
Spiced Pumpkin Pie Gelato	35	5	0.5	0.5	0	0	40	7	5	1	4	✓
Taro Gelato	45	5	1	1	0	0	40	8	6	1	4	✓
Toasted Marshmallow Gelato	40	5	0.5	0.5	0	0	40	8	6	1	4	
Vanilla Gelato	40	5	0.5	0.5	0	0	45	7	6	1	4	✓
Vanilla Bean Gelato	40	5	0.5	0.5	0	0	45	8	6	1	4	✓
White Cake Batter Gelato	40	5	0.5	0.5	0	0	50	8	6	1	4	✓

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.