Chozen Yogurt

Current Flavor Nutrition Information

Includes nutrition facts labels, allergens, gluten-free status, and ingredient information for current flavors.

Current flavors	Yogurt flavors	Sorbet / whip flavors	Gluten-free listed
14	8	6	14

Frozen Yogurt Flavors



Chocolate

Allergens: Milk

Gluten free: Yes

Nutrition facts source: Nanci's Chocolate

Base: Chocolate

Ingredients: Fruit Sugar, Extra Grade Sweet Whey, Maltodextrin, Cocoa, Non-fat Milk, Cellulose Gum and/or Guar Gum, Non-fat Yogurt, Whey Protein Concentrate. Contains Active Probiotic Cultures. Trans-fat Free. Gluten Free.



Cotton Candy Yogurt

Allergens: Milk

Gluten free: Yes

Nutrition facts source: Nanci's Vanilla

Base: Vanilla

Ingredients: Fruit Sugar, Non-hydrogenated Coconut Oil, Extra Grade Whey, Maltodextrin, Milk, Cellulose Gum, Vanilla, Guar Gum, Citric Acid, Yogurt, Whey Protein Concentrate. Contains Active Probiotic Cultures. Trans-fat Free. Gluten Free.



Nutrition Facts	
Serving size	2/3 cup (105g)
Amount Per Serving	
Calories	**170**
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 180mg	8%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Total Sugars 16g	
Includes 12g Added Sugars	24%
Protein 4g	8%

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Peanut Butter

Allergens: Milk, Peanut

Gluten free: Yes

Nutrition facts source: YoCream Peanut Butter

Ingredients: Milk, Liquid Sugar (sugar, water), Corn Syrup, Peanut Butter Base (peanuts, sugar, peanut oil, salt), Nonfat Milk, Whey, Cream, Contains less than 2% of Mono & Diglycerides, Cellulose Gum, Tetrasodium Pyrophosphate, Guar Gum, Polysorbate 80, Polysorbate 65, Carrageenan and salt, Cultured with the following Live Active Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, B. Bifidus and L. Casei.



Nutrition Facts	
123 servings per container	
Serving size	1/2 Cup (83g)
Amount Per Serving	
Calories	**90**
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 18g	7%
Dietary Fiber 0g	0%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 1g	2%

Not a significant source of vitamin D, calcium, iron, and potassium

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Strawberry

Allergens: Milk

Gluten free: Yes

Nutrition facts source: Nanci's Vanilla

Base: Vanilla

Ingredients: Fruit Sugar, Non-hydrogenated Coconut Oil, Extra Grade Whey, Maltodextrin, Milk, Cellulose Gum, Vanilla, Guar Gum, Citric Acid, Yogurt, Whey Protein Concentrate. Contains Active Probiotic Cultures. Trans-fat Free. Gluten Free.



Nutrition Facts	
Serving size	.67 cup
Amount Per Serving	
Calories	**110**
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 100mg	4%
Total Carbohydrate 24g	9%
Dietary Fiber 0g	0%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 5g	10%

Not a significant source of vitamin D, calcium, iron, and potassium

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Vanilla

Allergens: Milk

Gluten free: Yes

Nutrition facts source: YoCream Vanilla

Ingredients: Pasteurized Non Fat Milk, Pasteurized Sweet Cream Buttermilk, Maltodextrin, Pasteurized and Cultured Non Fat Milk, Sorbitol, Whey, Non Fat Dry Milk, Contains Less Than 1% Of Mono- & Diglycerides, Cellulose Gum, Guar Gum, Cellulose Gel, Modified Food Starch, Carrageenan, Pectin, Natural Flavor, Sucralose, Acesulfame Potassium. Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus and Bifidobacterium. CONTAINS BIOENGINEERED FOOD INGREDIENTS.



White Chocolate Mousse

Allergens: Milk

Gluten free: Yes

Nutrition facts source: Nanci's Vanilla

Base: Vanilla

Ingredients: Fruit Sugar, Non-hydrogenated Coconut Oil, Extra Grade Whey, Maltodextrin, Milk, Cellulose Gum, Vanilla, Guar Gum, Citric Acid, Yogurt, Whey Protein Concentrate. Contains Active Probiotic Cultures. Trans-fat Free. Gluten Free.



Espresso

Allergens: Milk

Gluten free: Yes

Nutrition facts source: Nanci's Vanilla

Base: Vanilla

Ingredients: Fruit Sugar, Non-hydrogenated Coconut Oil, Extra Grade Whey, Maltodextrin, Milk, Cellulose Gum, Vanilla, Guar Gum, Citric Acid, Yogurt, Whey Protein Concentrate. Contains Active Probiotic Cultures. Trans-fat Free. Gluten Free.



Coconut Cream Pie

Allergens: Milk

Gluten free: Yes

Nutrition facts source: Nanci's Vanilla

Base: Vanilla

Ingredients: Fruit Sugar, Non-hydrogenated Coconut Oil, Extra Grade Whey, Maltodextrin, Milk, Cellulose Gum, Vanilla, Guar Gum, Citric Acid, Yogurt, Whey Protein Concentrate. Contains Active Probiotic Cultures. Trans-fat Free. Gluten Free.

Sorbet / Fruit Whip Flavors



Nutrition Facts	
Serving size	1/2 cup (83g)
Amount Per Serving	
Calories	**80**
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 15mg	1%
Total Carbohydrate 21g	8%
Dietary Fiber 0g	0%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 0g	0%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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Raspberry Pom Sorbet

Allergens: None

Gluten free: Yes

Nutrition facts source: Nanci's Sorbet

Base: Sorbet

Ingredients: Fruit Sugar, Maltodextrin, Natural Flavors, Natural Stabilizers, Cellulose Gum and/or Guar Gum.



Nutrition Facts	
Serving size	1/2 cup (83g)
Amount Per Serving	
Calories	**80**
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 15mg	1%
Total Carbohydrate 21g	8%
Dietary Fiber 0g	0%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 0g	0%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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Pineapple Whip

Allergens: None

Gluten free: Yes

Nutrition facts source: Nanci's Fruit Whip

Base: Fruit Whip

Ingredients: Fruit Sugar, Non-hydrogenated Coconut Oil, Maltodextrin, Milk, Extra Grade Whey, Cellulose Gum, Citric Acid, Guar Gum, Yogurt, Whey Protein Concentrate. Contains Active Probiotic Cultures.



Nutrition Facts	
Serving size	1/2 cup (83g)
Amount Per Serving	
Calories	**80**
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 15mg	1%
Total Carbohydrate 21g	8%
Dietary Fiber 0g	0%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 0g	0%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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Watermelon Sorbet

Allergens: None

Gluten free: Yes

Nutrition facts source: Nanci's Sorbet

Base: Sorbet

Ingredients: Fruit Sugar, Maltodextrin, Natural Flavors, Natural Stabilizers, Cellulose Gum and/or Guar Gum.



Nutrition Facts	
Serving size	1/2 cup (83g)
Amount Per Serving	
Calories	**80**
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 15mg	1%
Total Carbohydrate 21g	8%
Dietary Fiber 0g	0%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 0g	0%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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Blue Raspberry Sorbet

Allergens: None

Gluten free: Yes

Nutrition facts source: Nanci's Fruit Whip

Base: Fruit Whip

Ingredients: Fruit Sugar, Non-hydrogenated Coconut Oil, Maltodextrin, Milk, Extra Grade Whey, Cellulose Gum, Citric Acid, Guar Gum, Yogurt, Whey Protein Concentrate. Contains Active Probiotic Cultures.



Nutrition Facts	
Serving size	1/2 cup (83g)
Amount Per Serving	
Calories	**80**
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 15mg	1%
Total Carbohydrate 21g	8%
Dietary Fiber 0g	0%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 0g	0%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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Blackberry Sorbet

Allergens: None

Gluten free: Yes

Nutrition facts source: Nanci's Fruit Whip

Base: Fruit Whip

Ingredients: Fruit Sugar, Non-hydrogenated Coconut Oil, Maltodextrin, Milk, Extra Grade Whey, Cellulose Gum, Citric Acid, Guar Gum, Yogurt, Whey Protein Concentrate. Contains Active Probiotic Cultures.



Nutrition Facts	
Serving size	1/2 cup (83g)
Amount Per Serving	
Calories	**80**
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 15mg	1%
Total Carbohydrate 21g	8%
Dietary Fiber 0g	0%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 0g	0%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

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Lemonade Sorbet

Allergens: None

Gluten free: Yes

Nutrition facts source: Nanci's Fruit Whip

Base: Fruit Whip

Ingredients: Fruit Sugar, Non-hydrogenated Coconut Oil, Maltodextrin, Milk, Extra Grade Whey, Cellulose Gum, Citric Acid, Guar Gum, Yogurt, Whey Protein Concentrate. Contains Active Probiotic Cultures.

Nutrition information is based on the spreadsheet provided and the referenced nutrition facts images. Ingredients and allergens should be reviewed whenever products or suppliers change.