FIVE SPOT FROZEN YOGURT

CAKE BATTER

Nutrition Facts

Serving Size 1/2 cup (83g)
Servings Per Container

Amount Per Serving	
Calories 120	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 80mg	3%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Sugars 13g	
Protein 3g	
Vitamin A 2% • Vitamin C 2%	
Calcium 10% • Iron 0%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: Pasteurized and Cultured Skim Milk, Sugar, Cream, Yellow Cake Base (Corn Syrup, Water, Sugar, Unbleached Wheat Flour, Egg Yolk, Sweetened Condensed Milk, Natural Flavors, Salt, Annatto (color), Potassium Sorbate (preservative)), Corn Syrup, Nonfat Dry Milk, Milk, Whey, Pasteurized Egg Yolks, Natural & Artificial Flavors, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Annatto (color), Modified Food Starch, Carrageenan, Pectin, Turmeric (Color), Live and Active Cultures: Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L.lactis and L. acidophilus.
Contains Wheat, Egg, Milk.

DULCE DE LECHE

Nutrition Facts

Serving Size 1/2 cup (83g)
Servings Per Container

Amount Per Serving	
Calories 140	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 65mg	3%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Sugars 18g	
Protein 3g	
Vitamin A 4% • Vitamin C 2%	
Calcium 10% • Iron 0%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: Pasteurized and Cultured Skim Milk, Sugar, Cream, Caramel Base (Corn Syrup, Butter (cream, salt), Water, Sugar, Sweetened Condensed Skim Milk, Natural Flavor, Caramel Color, Annatto (for color), Salt, Carrageenan.), Corn Syrup, Nonfat Dry Milk, Whey, Pasteurized Egg Yolks, Stabilizer Blend (Mono- & Diglycerides, Cellulose Gum, Guar Gum, Modified Food Starch, Carrageenan, Pectin), Live and Active Cultures Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L.lactis and L. acidophilus.
Contains Egg, Milk.

DUTCH CHOCOLATE

Nutrition Facts

Serving Size 1/2 cup (83g)
Servings Per Container

Amount Per Serving	
Calories 130	Calories from Fat 35
	% Daily Value*
Total Fat 4g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 80mg	3%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	4%
Sugars 12g	
Protein 4g	
Vitamin A 4% • Vitamin C 0%	
Calcium 10% • Iron 8%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: Pasteurized and Cultured Skim Milk, Sucrose, Corn Sweetener, Cream, Cocoa Powder (Dutched), Nonfat Dry Milk, Whey, Corn Syrup Solids, Milk Protein Isolate, Cellulose Gum, Guar Gum, Carrageenan, Mono & Diglycerides, Natural & Artificial Flavor (Caramel Color Added). Contains the following active cultures: S. Thermophilus, L. Bulgaricus, L. Lactis and L. Acidophilus.
Contains: Milk

FRENCH VANILLA

Nutrition Facts

Serving Size 1/2 cup (83g)
Servings Per Container

Amount Per Serving	
Calories 120	Calories from Fat 30
	% Daily Value*
Total Fat 3g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 80mg	3%
Total Carbohydrate 18g	6%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 4g	
Vitamin A 2% • Vitamin C 2%	
Calcium 10% • Iron 0%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: Pasteurized and Cultured Skim Milk, Sucrose, Cream, Corn Sweetener, Nonfat Dry Milk, Whey, Egg Yolks, Natural & Artificial Flavors (Caramel Color Added) , Mono- & Diglycerides, Cellulose Gum, Guar Gum, Annatto and Turmeric (colors). Contains the following active cultures: S. Thermophilus, L. Bulgaricus, L. Lactis and L. Acidophilus.
Contains: Milk and Eggs

FIVE SPOT FROZEN YOGURT

HEATH TOFFEE

Nutrition Facts

Serving Size 1/2 cup (84g)
Servings Per Container

Amount Per Serving	
Calories 110	Calories from Fat 10
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 85mg	4%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Sugars 17g	
Protein 2g	

Vitamin A 0% • Vitamin C 0%
Calcium 10% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Pasteurized and Cultured Skim, Sugar, Water, Whey, Corn Sweetener, Heath Toffee Bits (Sugar, Palm Oil, Buttermilk, Almonds (Roasted in Cocoa Butter and/or Sunflower Oil), Salt, Artificial Flavor and Soy Lecithin), Sucrose, Corn Sweetener, Maltodextrin, Nonfat Dry Milk, Sucrose, Natural and Artificial Flavors, Mono- & Diglycerides, Cellulose Gum and Guar Gum.

PRALINE N CREAM

Nutrition Facts

Serving Size 1/2 cup (83g)
Servings Per Container

Amount Per Serving	
Calories 130	Calories from Fat 20
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 85mg	4%
Total Carbohydrate 24g	8%
Dietary Fiber 0g	0%
Sugars 17g	
Protein 3g	

Vitamin A 2% • Vitamin C 2%
Calcium 10% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: Pasteurized and Cultured Skim Milk, Sucrose, Corn Sweetener, Cream, Brown Sugar, Whey, Nonfat Dry Milk, Mono-& Diglycerides, Cellulose Gum, Guar Gum, Natural & Artificial Flavor (Caramel Color Added). Contains the following active cultures: S. Thermophilus, L. Bulgaricus, L. Lactis and L. Acidophilus.
Contains: Milk.

RED VELVET

Nutrition Facts

Serving Size 1/2 cup (83g)
Servings Per Container

Amount Per Serving	
Calories 140	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 95mg	4%
Total Carbohydrate 25g	8%
Dietary Fiber 0g	0%
Sugars 19g	
Protein 3g	

Vitamin A 2% • Vitamin C 0%
Calcium 10% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: Pasteurized and Cultured Skim Milk, Sugar, Yellow Cake Base (Water, Corn Syrup, Sugar, Egg Yolk, Sweetened Condensed Milk, Enriched Wheat Flour, Natural Flavors, Annatto (color), Salt, Distilled Monoglycerides, Turmeric (color)), Cream, Chocolate Base (Corn Syrup, Water, Sugar, Dutched Cocoa, Caramel Color, Cocoa Powder, Annatto Extract, Salt, Natural & Artificial Flavor, Red #40, Blue #1, Butter, Spice Blend (Coffee, Citric Acid), Corn Syrup, Whey, Nonfat Dry Milk, Brown Sugar, Red #40, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis and L. acidophilus.
Contains: Milk, Eggs, Wheat

REESE'S PEANUT BUTTER

Nutrition Facts

Serving Size 1/2 cup (83g)
Servings Per Container

Amount Per Serving	
Calories 140	Calories from Fat 45
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 110mg	5%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	4%
Sugars 13g	
Protein 4g	

Vitamin A 2% • Vitamin C 2%
Calcium 10% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Pasteurized and Cultured Skim Milk, Sucrose, Corn Sweetener, Cream, Peanut Butter (Roasted Peanuts, Sugar, Peanut Oil, Hydrogenated Vegetable Oil (contains rapeseed, cottonseed, and soybean oils), Salt, Molasses, Monoglycerides, Cornstarch), Whey, Nonfat Dry Milk, Corn Syrup Solids, Caramel Color, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Natural & Artificial Flavor, Annatto Extract and Carmine (For Color). Contains the following active cultures:
S. Thermophilus, L. Bulgaricus, L. Lactis and L. Acidophilus.

FIVE SPOT

FROZEN YOGURT

SWEET COCONUT

Nutrition Facts

Serving Size 1/2 cup (83g)
Servings Per Container 1

Amount Per Serving	
Calories 110	Calories from Fat 10
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Potassium 190mg	5%
Total Carbohydrate 22g	7%
Dietary Fiber 0g	0%
Sugars 18g	
Protein 3g	

Vitamin A 0%	• Vitamin C 0%
Calcium 10%	• Iron 0%
Thiamin 4%	• Riboflavin 10%
Niacin 0%	• Vitamin B6 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Pasteurized and Cultured Skim Milk, Sugar, Coconut Base (Corn Syrup, Coconut, Water, Lecithin), Corn Syrup, Whey, Nonfat Dry Milk, Natural Flavor, Milk Protein Isolate, Cellulose Gum, Guar Gum, Carrageenan, Modified Food Starch, Pectin. Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis and L. acidophilus.

Contains: Milk, Soy, Tree nuts