



USA NUTRITIONAL FACTS based on 4 fl.oz. (100g) serving. Last updated 09/30/14

While stringent precautions are taken, various flavours may contain food allergens.

üsensations USA

	Calories (per serving)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Calcium (%DV)	Iron (%DV)	Vitamin A (%DV)	Vitamin C (%DV)	Gluten Free (GF)	Kosher (K)
LOW FAT VANILLA																
Açai Blueberry	110	2	1	0	7	55	21	0	20	3	9	0	3	0	GF	
Apple Cinnayüm	140	3	1	0	6	89	27	1	21	3	8	3	0	11		
Apple Pie	140	3	1	0	6	97	27	1	21	3	8	3	0	55		
Candy Cane	110	2	1	0	8	57	19	0	19	3	9	0	2	0		
Caramel Apple Pie	130	2	1	0	6	87	25	1	20	3	8	2	0	38		
Chai Latte	130	5	2	0	7	55	19	1	18	4	10	0	2	0		K
Cinnamon Banana Crunch	180	5	1	0	6	42	32	2	19	4	8	0	0	3		
Coffee	130	4	2	0	7	55	21	1	21	3	9	5	2	0	GF	K
Egg Nog	130	2	1	0	12	58	23	0	21	3	9	0	2	0		
Gingerbread	120	2	1	0	7	59	23	0	23	3	9	0	2	0		
Green Tea	110	2	1	0	8	57	19	0	19	3	9	0	2	0	GF	
Keylime Pie	150	3	2	0	7	90	27	0	23	3	9	2	2	23		
Lemon	120	2	1	0	7	56	22	0	21	3	9	0	2	24	GF	K
Lychee Green Tea	110	2	1	0	6	47	20	1	19	3	8	0	0	27	GF	
Matcha Mochi	120	8	1	0	7	65	24	0	19	3	8	0	0	0	GF	
Mint Chocolate Chip	140	4	2	0	7	55	23	0	23	3	9	6	2	0	GF	K
Passion Fruit	120	2	1	0	7	61	23	0	22	3	9	0	3	24	GF	K
Peanut Butter & Jelly	180	7	2	0	7	51	25	1	24	5	8	0	0	0		
Piña Colada	110	6	5	0	6	68	26	1	24	3	7	0	0	3	GF	K
Pumpkin Spice	140	3	2	0	7	98	26	1	22	3	9	2	2	0		
Pumpkin Cheesecake	190	7	4	0	30	158	29	1	23	4	9	4	5	0		
Red Velvet	170	4	2	0	20	83	31	0	27	3	8	3	2	0		
Red Velvet / Strawberry	120	2	1	0	6	50	25	0	23	3	7	0	0	10	GF	K
Strawberry Cheesecake	170	6	4	0	29	129	25	1	19	4	8	4	5	12		
Cheesecake	190	6	3	0	26	111	28	0	23	4	9	2	5	0		
Coconut Cream Pie	150	5	3	0	7	91	29	1	22	3	9	3	2	0		
Lemon Meringue Pie	180	8	2	0	8	87	25	0	22	4	8	0	2	0		
Oreo Vanilla	170	5	2	0	7	128	29	1	21	4	9	5	2	0		
Oreo Mint	170	5	2	0	7	126	30	1	23	4	9	5	2	0		
NON FAT VANILLA																
Açai Blueberry	110	0	0	0	0	59	23	1	20	3	9	0	0	0	GF	
Apple Cinnayüm	140	1	1	0	0	93	29	1	21	3	8	3	0	11		
Apple Pie	140	1	1	0	0	100	29	1	21	3	8	3	0	55		
Candy Cane	100	0	0	0	0	62	21	0	19	3	10	0	0	0		



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Caramel Apple Pie	130	1	0	0	0	90	27	1	20	3	8	2	0	38		
Chai Latte	120	3	0	0	0	60	21	1	18	4	10	0	0	0		K
Coffee	120	2	1	0	0	60	23	1	21	3	9	6	0	0	GF	K
Egg Nog	120	1	0	0	7	63	25	0	21	3	10	0	0	0		
Gingerbread	120	0	0	0	0	64	25	0	23	3	10	0	0	0		
Green Tea	100	0	0	0	0	61	21	0	19	3	10	0	0	0	GF	
Keylime Pie	140	1	0	0	0	94	29	1	23	3	9	3	0	23		
Lemon	110	0	0	0	0	60	24	0	22	3	9	0	0	26	GF	K
Lemon Meringue Pie	170	6	1	0	0	92	27	0	22	4	9	0	0	0		
Lychee Green Tea	100	0	0	0	0	51	21	1	19	3	8	0	0	27	GF	
Matcha Mochi	120	0	0	0	0	69	25	0	19	3	9	0	0	0	GF	
Mint Chocolate Chip	130	2	1	0	0	59	25	1	23	3	9	6	0	0	GF	K
Passion Fruit	110	0	0	0	0	66	25	0	22	3	9	0	0	24	GF	K
Piña Colada	100	4	4	0	0	71	27	1	24	3	8	0	0	3	GF	K
Pink Velvet	100	0	0	0	0	55	23	1	20	3	9	0	0	15	GF	K
Pumpkin Cheesecake	180	5	3	0	26	162	31	1	23	4	9	4	4	0		
Pumpkin Spice	130	1	0	0	0	102	28	1	22	3	9	3	0	0		
Red Velvet	170	3	1	0	17	86	32	0	27	3	8	3	0	0		
Strawberry Cheesecake	160	5	3	0	25	132	26	1	19	4	9	4	4	12		

LOW FAT CHOCOLATE

Chocolate Almond Bar	160	6	3	0	6	46	22	1	20	4	8	9	0	0	GF	K
Chocolate Peppermint	150	3	1	0	6	45	28	0	25	3	7	2	0	0		K
Oreo Chocolate	170	5	2	0	6	120	29	1	21	3	7	7	0	0		

SORBET (DAIRY FREE)

Lemon Mint Sorbet	160	1	0	0	0	0	39	0	31	0	0	0	0	91	GF	
Mango Pineapple Mint Sorbet	110	0	0	0	0	0	29	1	22	0	0	0	0	7	GF	
Mojito Sorbet	110	0	0	0	0	0	0	29	0	21	0	0	0	0	GF	
Strawberry Daiquiri Sorbet	100	0	0	0	0	0	26	1	18	0	0	0	0	15	GF	K