



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.

üserve 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 FLAVOURS																
Almond Cookies	130	3	1	0	6	72	22	0	17	4	12	0	5	0	GF	K
Amaretto	130	3	1	0	7	72	23	0	19	3	11	0	5	0	GF	
Apple Pie	120	2	1	0	7	72	23	0	19	3	11	0	5	0	GF	K
Banana Split	120	2	1	0	7	74	23	0	19	3	11	0	5	0	GF	K
Belgian Hot Chocolate	120	2	1	0	6	69	23	0	19	3	10	3	5	0	GF	K
Birthday Cake	120	2	1	0	14	74	23	0	18	3	11	0	5	0		K
Blackberry	120	2	1	0	7	72	23	0	19	3	11	0	5	0		
Brownie Blast	120	2	1	0	6	69	23	0	19	3	10	3	5	0	GF	K
Bubble Gum	120	2	1	0	7	72	23	0	19	3	11	0	5	0	GF	K
Butter Pecan	120	2	1	0	7	73	23	0	19	3	11	0	5	0	GF	K
Cappuccino	120	2	1	0	7	79	23	0	18	3	11	0	5	0		K
Caramel Butter Pecan	120	2	1	0	7	74	24	0	19	3	11	0	5	0	GF	K
Caramel Latte	120	2	1	0	7	86	23	0	19	3	11	0	5	0	GF	K
Caramel Popcorn	120	2	1	0	7	86	23	0	19	3	11	0	5	0	GF	K
Caramilk	120	2	1	0	6	79	23	0	18	3	11	0	5	0	GF	K
Chocolate Banana	120	2	1	0	6	68	23	0	19	3	11	0	5	0	GF	K
Chocolate Coconut Bar	120	2	1	0	6	64	23	0	18	3	10	3	5	0	GF	K
Chocolate Hazelnut	120	3	1	0	6	64	22	0	17	4	10	3	5	0	GF	K
Chocolate Hazelnut Spread (Nutella)	130	3	1	0	6	67	23	0	19	4	11	2	5	0	GF	
Chocolate Mocha	120	2	1	0	6	65	23	0	19	3	10	3	5	0	GF	K
Chocolate Oreo	130	2	1	0	6	84	24	0	19	3	10	3	5	0		
Chocolate Peanut Butter	120	3	1	0	6	68	22	0	18	4	11	0	5	0	GF	
Chocolate Peppermint	120	2	1	0	6	64	23	0	19	3	10	3	5	0	GF	K
Chocolate Raspberry Truffle	110	2	1	0	6	65	23	0	18	3	10	3	5	0	GF	K
Chocolate (Truffle Explosion)	110	2	1	0	6	65	22	0	18	3	10	3	5	0	GF	K
Cinnamon	120	2	1	0	7	74	23	0	19	3	11	0	5	0	GF	K
Coconut Madness	120	2	1	0	7	73	23	0	18	3	11	0	5	0	GF	K
Cotton Candy	120	2	1	0	7	74	23	0	19	3	11	0	5	0	GF	K
Crème Brûlée	120	2	1	0	11	774	23	0	18	3	11	0	5	0	GF	K
Dulce de Leche	120	2	1	0	7	74	24	0	19	3	11	0	5	0	GF	K
Espresso Coffee	120	2	1	0	7	73	23	0	19	3	11	0	5	0	GF	K
Ginger Spiced Cookie	120	2	1	0	7	101	23	0	19	3	11	0	5	0	GF	K
Hazelnut	130	3	1	0	6	72	22	0	17	3	11	0	5	0	GF	K
Hello Kitty	120	2	1	0	6	72	24	0	19	3	11	0	5	0	GF	
Honey Almond	120	2	1	0	7	72	23	0	18	3	11	0	5	0		



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.

üserve 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)
Keylime Meringue	120	2	1	0	6	74	24	0	20	3	11	0	5	10	GF	K
Maple Bacon	120	2	1	0	6	72	22	0	17	3	11	0	5	0		
Marshmallow	120	2	1	0	7	72	23	0	19	3	11	0	5	0	GF	K
Mint	120	2	1	0	7	73	23	0	19	3	11	0	5	0	GF	K
Mint Chocolate Chip	120	2	1	0	6	69	23	0	19	3	11	0	5	0	GF	K
Mint White Chocolate	120	2	1	0	7	72	24	0	20	3	11	0	5	0	GF	K
Neapolitan	120	2	1	0	6	72	23	0	19	3	11	0	5	4	GF	K
Orangecream (Creamsicle)	120	2	1	0	7	73	23	0	19	3	11	0	5	4	GF	K
Oreo Cookies N Cream	130	2	1	0	6	92	25	0	19	3	11	0	5	0		K
Peach Crème Brûlée	120	2	1	0	9	73	23	0	18	3	11	0	5	0	GF	K
Peanut Butter	130	3	1	0	6	72	22	0	17	4	11	0	5	0	GF	
Peanut Butter & Jelly	140	4	2	0	6	81	22	1	18	4	11	0	5	0	GF	
Peppermint Snowflake	120	2	1	0	6	72	24	0	20	3	11	0	5	0	GF	K
Piña Colada	120	2	1	0	7	73	23	0	18	3	11	0	5	0	GF	K
Pink Velvet	130	2	1	0	6	71	21	0	17	3	11	0	5	0		
Pistachio	130	3	1	0	7	72	23	0	18	3	11	0	5	0	GF	
Pumpkin Pie	120	2	1	0	6	78	23	0	18	3	11	0	5	0		
Red Velvet	120	2	1	0	6	67	23	0	19	3	10	2	5	0	GF	K
Roasted Almonds	130	3	1	0	7	72	22	0	17	4	11	0	5	0	GF	
Roasted Marshmallow	120	2	1	0	7	73	23	0	19	3	11	0	5	0	GF	K
Root Beer	120	1.5	1	0	8	44	25	0	22	3	9	0	0	0	GF	K
S'mores	120	2	1	0	6	69	25	0	20	3	11	0	5	0	GF	K
Salted Caramel	120	2	1	0	7	86	23	0	19	3	11	0	5	0	GF	K
Snickers	130	3	1	0	6	74	23	0	18	4	11	0	5	0	GF	
Snowball	120	2	1	0	7	72	24	0	19	3	11	0	5	0	GF	K
Strawberry	120	2	1	0	6	66	24	0	20	3	10	0	5	11	GF	K
Strawberry Banana	120	2	1	0	7	72	23	0	19	3	11	0	5	0	GF	K
Taro	120	2	1	0	7	76	23	0	19	3	11	0	5	0		
Tiramisu	120	2	1	0	7	75	23	0	19	3	12	0	5	0	GF	K
Vanilla	120	2	1	0	7	73	22	0	18	3	11	0	5	0	GF	K
Wafer (Waffle Cone)	130	3	1	0	6	73	23	0	18	3	11	0	5	0		K
White Chocolate	120	2	1	0	7	72	24	0	20	3	11	0	5	0	GF	K
White Chocolate Macadamia	120	2	1	0	7	72	24	0	19	3	11	0	5	0		K
White Marshmallow	120	1.5	1	0	8	72	25	0	22	3	9	0	0	0		



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.

üserve 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)
NON FAT FLAVOURS																
Açai Blueberry	110	0	0	0	0	74	25	0	20	3	12	0	4	3	GF	
Banana	110	0	0	0	0	79	24	0	19	4	12	0	4	0	GF	K
Banana Cinnamon	110	0	0	0	0	79	24	0	19	3	12	0	4	0	GF	K
Blueberry	110	0	0	0	0	80	23	0	19	4	12	0	4	0	GF	
Boysenberry	110	0	0	0	0	82	24	0	19	4	12	0	4	12	GF	K
Cinnamon Bun Twist	110	0	0	0	0	87	24	0	19	4	12	0	4	0	GF	K
Greek Style Yogurt	100	0	0	0	0	77	23	0	18	3	12	0	3	0	GF	
Green Apple	110	0	0	0	0	79	23	0	19	4	12	0	4	0	GF	
Green Tea	110	0	0	0	0	80	23	0	18	4	13	0	4	0	GF	
Honey	110	0	0	0	0	79	24	0	19	4	12	0	4	0		
Kiwi	110	0	0	0	0	79	24	0	19	4	12	0	4	2	GF	
Lemon	110	0	0	0	0	79	23	0	19	4	12	0	4	11	GF	K
Lime	110	0	0	0	0	79	24	0	19	4	12	0	4	2	GF	
Mandarin Orange	110	0	0	0	0	79	23	0	19	4	12	0	4	0	GF	
Mango Orange	110	0	0	0	0	79	23	0	19	4	12	0	4	4	GF	
Mangolicious	110	0	0	0	0	79	24	0	19	4	12	0	4	0	GF	K
Orange	110	0	0	0	0	79	23	0	19	4	12	0	4	6	GF	
Orange Banana	110	0	0	0	0	79	23	0	19	4	12	0	4	4	GF	
Orange Carrot	100	0	0	0	0	78	22	0	18	3	12	0	4	0		
Passion Fruit	110	0	0	0	0	81	24	0	19	4	12	0	4	10	GF	K
Peachy Keen	110	0	0	0	0	79	24	0	19	4	12	0	4	0	GF	K
Pear	110	0	0	0	0	79	23	0	19	4	12	0	4	0	GF	
Pomegranate	110	0	0	0	0	78	24	0	20	3	12	0	3	0	GF	K
Raspberry	110	0	0	0	0	79	23	0	19	4	12	0	4	0	GF	K
Red Orange	120	0	0	0	6	49	25	0	22	3.5	10	0	0	0	GF	
Tropical Storm	110	0	0	0	0	79	23	0	19	4	12	0	4	0	GF	
Two Berries	110	0	0	0	0	79	23	0	19	4	12	0	4	0	GF	
Watermelon	110	0	0	0	0	79	24	0	19	4	12	0	4	0	GF	
NON FAT TART																
Blackberry Tart	100	0	0	0	0	51	22	0	19	4	11	0	0	11		
Blueberry Tart	100	0	0	0	0	52	22	0	19	4	11	0	0	11	GF	
Green Apple Tart	100	0	0	0	0	54	22	0	19	4	11	0	0	21	GF	K
Green Tea Tart	100	0	0	0	0	52	21	0	18	4	11	0	0	12	GF	
Keylime Meringue Tart	110	0	0	0	0	53	23	0	20	4	11	0	0	20	GF	K



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.

üserve 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)
Kiwi Tart	100	0	0	0	0	51	22	0	19	4	11	0	0	12	GF	
Lemon Tart	100	0	0	0	0	51	22	0	19	4	11	0	0	21	GF	K
Lime Tart	100	0	0	0	0	51	22	0	19	4	11	0	0	12	GF	
Lychee Green Tea Tart	100	0	0	0	0	51	21	0	17	4	11	0	0	11		
Mango Tart	100	0	0	0	0	52	22	0	19	4	11	0	0	11	GF	K
New York Cheesecake	110	3	2	0	10	81	19	0	17	4	11	0	0	11	GF	K
Orange Tart	100	0	0	0	0	51	22	0	19	4	11	0	0	15	GF	
Passion Fruit Tart	100	0	0	0	0	54	22	0	19	4	11	0	2	20	GF	K
Peach Mango Tart	100	0	0	0	0	52	22	0	20	4	12	0	2	2	GF	K
Peach Tart	100	0	0	0	0	51	22	0	19	4	11	0	0	11	GF	K
Pear Tart	100	0	0	0	0	51	22	0	19	4	11	0	0	11	GF	
Pomegranate Tart	110	0	0	0	0	51	23	0	19	4	11	0	0	11	GF	K
Strawberry Cheesecake	120	3	2	0	10	80	20	0	17	4	11	0	0	11	GF	K
Superfruit (Açai Blueberry Tart)	100	0	0	0	0	50	22	0	19	4	11	0	2	11	GF	
Tart	100	0	0	0	0	52	21	0	18	4	11	0	2	11	GF	K

SHERBET

Mandarin Orange Sherbet	110	0	0	0	0	15	27	0	21	1	3	0	0	2	GF	
Tropical Storm Sherbet	110	0	0	0	0	15	28	0	20	1	2	0	0	0	GF	

SORBET (DAIRY FREE)

Grapefruit Sorbet	100	0	0	0	0	0	24	1	24	0	0	0	0	0	GF	
Green Apple Sorbet	110	0	0	0	0	0	29	0	21	0	0	0	0	0	GF	
Lime Sorbet	110	0	0	0	0	0	30	0	21	0	0	0	0	0	GF	
Mandarin Orange Sorbet	110	0	0	0	0	0	29	0	21	0	0	0	0	0	GF	
Mangolicious Sorbet	110	0	0	0	0	0	29	0	20	0	0	0	0	0	GF	
Mojito Sorbet	90	0	0	0	0	0	23	0	21	0	0	0	0	0	GF	
Orange Sorbet	110	0	0	0	0	0	29	0	21	0	0	0	0	8	GF	
Passion Fruit Sorbet	110	0	0	0	0	0	29	0	21	0	0	0	0	0		
Peach Mango Sorbet	110	0	0	0	0	0	29	0	21	0	0	0	0	0	GF	
Pear Sorbet	110	0	0	0	0	0	29	0	21	0	0	0	0	0	GF	
Pink Grapefruit Sorbet	110	0	0	0	0	0	29	0	21	0	0	0	0	0	GF	
Pomegranate Sorbet	120	0	0	0	0	0	30	0	21	0	0	0	0	0	GF	K
Raspberry Sorbet	110	0	0	0	0	0	29	0	21	0	0	0	0	0	GF	
Raspberry Sorbet (no sugar added)	100	0	0	0	0	0	24	2	2	0	0	0	0	0	GF	
Strawberry Daiquiri Sorbet	100	0	0	0	0	0	24	0	19	0	0	0	28	5	GF	



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.

üserve 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)
Very Berry Sorbet	110	0	0	0	0	0	29	0	21	0	0	0	0	0	GF	
Watermelon Sorbet	120	0	0	0	0	0	29	0	21	0	0	0	16	0	GF	