

# Orange Leaf Nutritional Chart

## FROZEN YOGURT



Flavor	Serving Size (oz)	Calories	Cal From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Total Fiber (g)	Sugars (g)	Protein (g)
Banana	1	35	9	<1	1	0	0	24	7	0	5	<1
Banana Pudding	1	44	12	1	1	0	<1	37	8	0	6	<1
Birthday Cake	1	40	10	1	1	0	0	25	7	0	6	0
Brownie Batter	1	35	0	1	1	0	0	35	7	0	6	1
Cheesecake	1	40	10	2	1	0	0	25	7	0	5	0
Chocolate	1	30	0	0	0	0	0	25	7	0	6	1
Chocolate Banana	1	30	0	0	0	0	0	25	7	0	6	1
Chocolate Cake	1	37	6	1	<1	0	0	33	7	0	5	1
Chocolate Coconut	1	30	0	0	0	0	0	25	7	0	6	1
Chocolate Hazelnut	1	45	16	2	0	0	0	24	8	0	5	<1
Chocolate Peanut Butter	1	40	10	1	0	0	0	30	7	0	6	1
Chocolate Raspberry	1	38	6	1	0	0	0	34	7	0	6	1
Chocolate Salted Caramel	1	30	0	0	0	0	0	55	7	0	6	1
Classic Tart	1	30	0	0	0	0	0	20	6	0	4	<1
Coconut	1	35	10	1	1	0	0	25	7	0	5	0
Coconut Cake	1	38	9	1	1	0	0	24	7	0	6	0
Coffee	1	35	5	1	1	0	0	40	7	0	5	<1
Cookie Cake (*gluten)	1	40	10	1	1	0	0	25	8	0	6	0
Cookies & Cream (*gluten)	1	43	12	1	1	0	0	41	8	0	6	<1
Cotton Candy	1	40	10	1	1	0	0	25	8	0	6	0
Dole® Orange (vegan, dairy free)	1	8	<1	0	0	0	0	1	2	0	2	0
Dole® Pineapple (vegan, dairy free)	1	30	0	0	0	0	0	0	7	0	6	0
Horchata	1	39	9	1	1	0	0	24	8	0	6	<1
Hot Chocolate	1	42	10	1	1	0	0	24	8	0	7	<1
Mango	1	36	4	0	0	0	0	13	7	0	6	<1
Mango Peach (seasonal)	1	36	4	0	0	0	0	13	7	0	6	<1
Mango Strawberry Banana	1	30	0	0	0	0	0	15	6	0	5	<1
NSA Chocolate	1	27	2	0	0	0	0	31	6	0	2	<1
NSA Vanilla	1	24	1	0	0	0	0	32	5	0	2	1
Peach (seasonal)	1	35	4	0	0	0	0	14	6	0	0	0
Peanut Butter	1	45	15	2	1	0	0	30	7	0	5	<1
Peanut Butter Cup	1	45	15	2	1	0	0	30	7	0	6	1
Peppermint Pattie	1	40	10	1	1	0	0	25	8	0	6	0
Pistachio	1	40	10	1	1	0	0	25	7	0	5	0
Popcorn	1	48	11	1	1	0	0	44	9	0	7	<1
Pumpkin Cheesecake (seasonal)	1	38	11	1	1	0	0	30	7	0	6	0
Pumpkin Pie (seasonal)	1	33	8	1	1	0	0	25	6	0	5	0
Pumpkin Spice Latte (seasonal)	1	35	9	1	1	0	0	26	7	0	5	0
Raspberry	1	37	4	0	0	0	0	14	8	0	6	<1
Salted Caramel	1	35	10	1	1	0	0	55	7	0	5	0
Salted Caramel Latte	1	35	10	1	1	0	0	55	7	0	5	0
Salted Caramel with Twix	1	45	13	1	1	0	0	49	8	0	6	0
Strawberry	1	30	0	0	0	0	0	15	6	0	5	1
Strawberry Banana	1	30	0	0	0	0	0	15	6	0	5	1
Strawberry Cheesecake	1	40	10	2	1	0	0	25	7	0	5	0
Taro	1	39	10	1	1	0	0	27	7	0	6	0
Toasted Marshmallow	1	38	9	1	1	0	0	25	7	0	6	0
Vanilla	1	45	10	1	1	0	0	35	8	0	6	1
White Chocolate made with Ghiradelli®	1	40	10	1	1	0	0	25	7	0	6	0
White Chocolate Raspberry made with Ghiradelli®	1	43	10	1	1	0	0	25	8	0	7	0
White Chocolate Strawberry made with Ghiradelli®	1	40	10	1	1	0	0	25	8	0	6	0
Wildberry	1	36	4	0	0	0	0	13	8	0	6	<1

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## SMOOTHIES

	Serving Size (oz)	Calories	Cal From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>Smoothies - 16oz</b>												
Berry Tropical	16	190	35	3.5	3	0	115	39	39	3	30	3
Berry Tropical made with Almond Milk	16	80	15	1.5	0	0	80	17	17	3	13	1
Orange 'N' Cream	16	160	30	3.5	3	0	115	32	32	1	25	3
Orange 'N' Cream made with Almond Milk	16	50	15	1.5	0	0	85	10	10	1	8	1
P.B.S.	16	180	35	3.5	3	0	115	37	37	2	28	3
P.B.S. made with Almond Milk	16	70	15	1.5	0	0	80	14	14	3	9	1
PB&J	16	630	310	34.0	8	0	360	67	67	8	41	18
PB&J made with Almond Milk	16	520	290	32.0	5	0	330	45	45	9	22	16
Protein Power	16	660	310	35.0	9	0	380	61	61	7	38	29
Protein Power made with Almond Milk	16	550	300	33.0	6	0	350	39	39	7	19	27
Strawberry Piña Colada	16	310	100	11.0	10	0	200	52	52	5	40	3
Strawberry Piña Colada made with Almond Milk	16	210	110	12.0	9	0	150	29	29	3	24	2
Strawberry Surf	16	320	35	4.0	3	0	115	72	72	6	51	4
Strawberry Surf made with Almond Milk	16	160	20	2.0	0	0	80	39	39	5	24	2
Sweet Sunrise	16	290	35	4.0	3	0	120	64	64	6	42	4
Sweet Sunrise made with Almond Milk	16	150	20	2.0	0	0	85	35	35	5	20	2
Triple Berry	16	170	35	4.0	3	0	115	32	32	3	23	3
Triple Berry made with Almond Milk	16	50	15	1.5	0	0	80	10	10	3	5	1
Tropical Twist	16	220	35	4.0	3	0	120	46	46	4	36	3
Tropical Twist made with Almond Milk	16	50	15	1.5	0	0	80	10	10	2	8	1
Wild Mango	16	190	35	4.0	3	0	115	38	38	2	30	3
Wild Mango made with Almond Milk	16	80	15	1.5	0	0	80	16	16	2	13	1

	Serving Size (oz)	Calories	Cal From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>Smoothies - 24oz</b>												
Berry Tropical	24	285	53	3.5	5	0	173	59	59	8	45	5
Berry Tropical made with Almond Milk	24	120	23	1.5	0	0	120	26	26	5	20	2
Milk Orange 'N' Cream	24	240	45	3.5	3	0	173	48	48	2	38	5
Orange 'N' Cream made with Almond Milk	24	75	23	1.5	0	0	128	15	15	2	12	2
P.B.S.	24	270	53	3.5	3	0	173	56	56	3	42	5
P.B.S. made with Almond Milk	24	105	23	1.5	0	0	120	21	21	5	14	2
PB&J	24	945	465	34.0	8	0	540	100	100	12	62	27
PB&J made with Almond Milk	24	780	435	32.0	5	0	495	68	68	14	33	24
Protein Power	24	990	465	35.0	9	0	570	92	92	11	57	44
Protein Power made with Almond Milk	24	825	450	33.0	6	0	425	59	59	11	29	41
Strawberry Piña Colada	24	465	150	11.0	10	0	300	78	78	8	60	5
Strawberry Piña Colada made with Almond Milk	24	315	165	12.0	9	0	225	44	44	5	36	3
Strawberry Surf	24	480	53	4.0	3	0	173	108	108	9	77	6
Strawberry Surf made with Almond Milk	24	240	30	2.0	0	0	120	59	59	8	36	3
Sweet Sunrise	24	435	53	4.0	3	0	180	96	96	9	63	6
Sweet Sunrise made with Almond Milk	24	225	30	2.0	0	0	128	53	53	8	30	3
Triple Berry	24	255	53	4.0	3	0	173	48	48	5	35	5
Triple Berry made with Almond Milk	24	75	23	1.5	0	0	120	15	15	5	8	2
Tropical Twist	24	330	53	4.0	3	0	180	69	69	6	54	5
Tropical Twist made with Almond Milk	24	75	23	1.5	0	0	120	15	15	3	12	2
Wild Mango	24	285	53	4.0	3	0	173	57	57	3	45	5
Wild Mango made with Almond Milk	24	144	23	1.5	0	0	120	16	16	3	20	2

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### FROYO CAKES & SLICES

Cake Flavor	Serving Size (oz)	Calories	Cal From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Classic Caramel	1/8 of cake	510	180	16	12	0	10	450	85	0	69	3
Classic Chocolate	1/8 of cake	500	185	17	12	0	10	340	81	1	64	4
Confetti Cake	1/8 of cake	420	155	16	12	0	10	340	64	0	49	3
Cookies & Cream Cake	1/8 of cake	460	175	19	12	0	10	460	67	2	47	5

### SHAKES

Shakes - 16oz	Serving Size (oz)	Calories	Cal From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Birthday Cake	16	730	210	24	12	0	5	370	129	0	94	6
Brownie Batter	16	600	120	14	8	0	10	500	108	3	90	13
Chocolate	16	600	70	7	5	0	10	400	126	3	106	13
Cookies & Cream	16	670	190	21	15	0	5	520	117	1	84	7
Reese's®	16	1040	470	52	22	0	10	740	135	5	104	19
Strawberry	16	480	80	9	8	0	5	290	92	1	70	8
Strawberry Cheesecake	16	750	240	27	20	0	15	530	118	2	89	9
Vanilla	16	550	130	15	13	0	10	440	102	1	77	9

Shakes - 24oz	Serving Size (oz)	Calories	Cal From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Birthday Cake	24	1095	315	36	18	0	8	555	194	0	141	9
Brownie Batter	24	900	180	21	12	0	15	750	162	5	135	20
Chocolate	24	900	105	47	8	0	15	600	189	5	159	7
Cookies & Cream	24	1005	285	32	23	0	23	780	176	2	126	11
Reese's®	24	1560	705	78	33	0	15	1110	203	8	156	29
Strawberry	24	720	120	14	12	0	8	435	138	2	105	12
Strawberry Cheesecake	24	1125	360	41	30	0	23	795	177	3	134	14
Vanilla	24	825	195	23	20	0	15	660	153	2	116	14

### SUPERFOOD BOWLS

Bowl	Serving Size (oz)	Calories	Cal From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Total Fiber (g)	Sugars (g)	Protein (g)
Acai Island	1	547	137	15	8	0	0	132	99	14	54	7
Blueberry Acai	1	432	84	9	3	0	0	119	83	14	40	7
CocoBanana	1	706	273	30	24	0	0	183	106	12	64	7
Dragon Fruit	1	418	34	4	1	0	0	114	94	13	55	6

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## BOBA TEAS

	Calories	Cal From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Total Fiber (g)	Sugars (g)	Protein (g)
<b>Boba Teas - 16oz</b>											
Brown Sugar Tea - 16oz	373	38	4	0	0	6	221	74	0	7	10
Coconut Banana - 16oz	861	393	44	39	0	0	86	104	4	35	1
Coffee Boba - 16oz	470	36	4	0	0	0	110	103	0	47	2
Mango Green Tea - 16oz	437	18	2	0	0	0	68	100	3	36	1
Strawberry Green Tea - 16oz	393	23	3	0	0	0	68	88	3	28	2
Boba - 6oz	450	0	0	0	0	0	39	108	0	0	0

	Calories	Cal From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Total Fiber (g)	Sugars (g)	Protein (g)
<b>Boba Teas - 24oz</b>											
Brown Sugar Tea - 24oz	483	56	6	0	0	6	273	96	0	11	11
Coconut Banana - 24oz	1136	573	64	57	0	0	112	122	4	35	1
Coffee Boba - 24oz	615	54	6	0	0	0	161	133	0	59	3
Mango Green Tea - 24oz	512	18	2	0	0	0	75	118	3	36	1
Strawberry Green Tea - 24oz	468	23	3	0	0	0	75	106	3	28	2
Boba - 6oz	450	0	0	0	0	0	39	108	0	0	0

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