

The Skinny Dip

frozen yogurt bar

Nutrition Facts



*Meets National Yogurt Association Criteria for Live Active Culture Yogurt

NF - Non Fat
RF - Reduced Fat
LF - Low Fat
NSA - No Sugar Added
* - Non Yogurt

Product	Ingredients	Allergens	Per	Calories	Fat	Sugar	Fiber	Carbs	Sodium	PPV
SKINNY8	Water, Fructose, Yogurt & Whey Blend, Maltodextrin, Fructooligosaccharides, (Nutraflora), Probiotic Culture Blend (Lactobacillus Acidophilus, L. Bulgaricus, Bifidobacterium, Bifidum, Streptococcus Thermophilus) Guar Gum, Calcium, Phosphate, Carrageenan, Xanthan Gum, Vanilla Flavor	Milk	4oz	32	0g	7g	2g	9g	40	1
SNOW WHITE VANILLA	Pasteurized and Cultured Skim Milk, Sugar, Cream, Corn Syrup, Nonfat Dry Milk, Whey, Pasteurized Egg Yolks, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Modified Food Starch, Carrageenan, Pectin, Natural and Artificial Flavors.	Milk, Egg	4oz	110	3g	15g	0g	19g	70	3
MILK CHOCOLATE	Pasteurized and Cultured Skim Milk, Sugar, Cream, Corn Syrup, Nonfat Dry Milk, Whey, Pasteurized Egg Yolks, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Modified Food Starch, Carrageenan, Pectin, Natural and Artificial Flavors. Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis and L. Acidophilus, Nonfat Milk, Cocoa (processed with Alkali), Maltodextrin, Polysorbate 80, Lactic Acid, Salt.	Milk, Egg	4oz	130	2g	18g	0g	25g	80	3
ULTIMATE CHOCOLATE	Nonfat Milk, Sugar, Corn Syrup, Cocoa (processed with Alkali), Maltodextrin, Whey, Natural Flavor, Mono-and Diglycerides, Cellulose Gum, Guar Gum, Polysorbate 80, Carrageenan, Lactic Acid, Salt.	Milk	4oz	120	0g	18g	0g	26g	60	3
SOUTHERN STRAWBERRY	Milk, Corn Syrup, Sugar, Cream, Nonfat Milk Solids, Whey, Strawberry Puree, Modified Food Starch, Mono and Diglycerides, Cellulose Gum, Guar Gum, Polysorbate 80, Carrageenan, Citric Acid, Sodium Benzoate, Potassium Sorbate (Preservatives), Red #40	Milk	4oz	110	3g	18g	0g	21g	70	3
CAKE BATTER	Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Corn Syrup, Cake Base (Water, Sugar, Natural Flavors, Egg Yolk, Sweetened Condensed Milk (milk, sugar), Corn Syrup, Annatto Extract (for color), Modified Food Starch, Salt, Distilled Monoglycerides, Turmeric (for color), Non Fat Dry Milk, Cream, Whey, Sweetened Pasteurized Egg Yolks (Egg Yolks, Sugar), Contains Less Than 1% of Mono- & Diglycerides, Cellulose Gum, Guar Gum, Natural and Artificial Flavors, Modified Food Starch, Carrageenan, Pectin.	Milk, Egg	4oz	120	2g	17g	0g	21g	70	3
BROWNIE BATTER	Pasteurized and Cultured Skim Milk, Sugar, Cream, Corn Syrup, Nonfat Dry Milk, Whey, Pasteurized Egg Yolks, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Modified Food Starch, Carrageenan, Pectin, Natural and Artificial Flavors. Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis and L. Acidophilus, Nonfat Milk, Cocoa (processed with Alkali), Maltodextrin, Polysorbate 80, Lactic Acid, Salt, Flour, Wheat Flour, Corn Syrup	Milk, Wheat, Eggs	4oz	130	2g	16g	0g	23g	100	4
BUTTERFINGER	Pasteurized and Cultured Skim Milk, Sugar, Cream, Corn Syrup, Nonfat Dry Milk, Whey, Sugar, Cocoa Mass, Cocoa Butter, Glucose, Milk Ingredients, Peanuts, Lactose, Molasses, Corn Flakes, Soya Lecithin, Hydrogenated Palm Kernel Oil, Salt, Cocoa, Artificial Flavour, Corn Starch, TBHQ colour, Pasteurized Egg Yolks, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Modified Food Starch, Carrageenan, Pectin, Natural and Artificial Flavors.	Milk, Wheat, Peanuts	4oz	141	4g	14g	0g	21g	100	4
CAPN CRUNCH	Pasteurized and Cultured Skim Milk, Sugar, Cream, Corn Syrup, Nonfat Dry Milk, Whey, Pasteurized Egg Yolks, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Modified Food Starch, Carrageenan, Pectin, Natural and Artificial Flavors. Corn Flour, Sugar, Oat Flour, Brown Sugar, Coconut Oil, Salt, Niacinamide, BHT (a preservative), Pyridoxine Hydrochloride, Riboflavin, Foli Acid	Milk, Wheat, Egg	4oz	127	4g	13g	0g	19.5g	100	3
COOKIES N CREAM	Milk, Sugar, Cream, Nonfat Milk, Whey, Corn Syrup, Egg, Enriched Flour (wheat, flour, niacin, reduced iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid, Partially hydrogenated Soybean and/or cottonseed oil, cocoa, (with alkali), Natural and Artificial Vanilla, High Fructose Corn Syrup, Yellow Corn Flour, Salt, Dextrose, Baking Soda, Soy Lecithin, Mono- and Diglycerides, Cellulose Gum, Guar Gum, Polysorbate 80, Carrageenan, Lactic Acid.	Milk, Wheat, Soy, Egg	4oz	120	3g	18g	0g	25g	80	3
FRUITY PEBBLES	Pasteurized and Cultured Skim Milk, Sugar, Cream, Corn Syrup, Nonfat Dry Milk, Whey, Pasteurized Egg Yolks, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Modified Food Starch, Carrageenan, Pectin, Natural and Artificial Flavors. Rice, Sugar, Hydrogenated Vegetable Oil (Coconut And Palm Kernel Oils), Salt, Contains Less Than 0.5% Of Natural And Artificial Flavor, Red 40, Yellow 6, Turmeric Oleoresin (Color), Blue 1, Yellow 5, Blue 2, Bha (To Help Protect Flavor).	Milk, Egg	4oz	124	3g	12.5g	0g	19g	100	3
GIMME SOME SUGAR COOKIE	Pasteurized and Cultured Skim Milk, Sugar, Cream, Corn Syrup, Nonfat Dry Milk, Whey, Pasteurized Egg Yolks, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Modified Food Starch, Carrageenan, Pectin, Natural and Artificial Flavors. Corn Flour, Baking Soda, Salt	Milk, Wheat, Egg	4oz	150	4g	16g	0g	26g	75	4
ISLAND BANANA	Pasteurized and Cultured Skim Milk, Sugar, Corn Syrup, Banana Puree, Whey, Nonfat Dry Milk, Natural Flavors, Milk Protein Isolate, Cellulose Gum, Guar Gum, Carrageenan, Modified Food Starch, Pectin, Annatto Extract (color).	Milk	4oz	100	0g	14g	0g	21g	100	3
MOM'S OATMEAL COOKIE	Pasteurized and Cultured Skim Milk, Sugar, Cream, Corn Syrup, Nonfat Dry Milk, Whey, Pasteurized Egg Yolks, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Modified Food Starch, Carrageenan, Pectin, Natural and Artificial Flavors. Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis and L. Acidophilus, Flour, Brown Sugar, Rolled Oats, Baking Soda, Salt, Cinnamon	Milk, Wheat, Egg	4oz	150	6g	15g	0g	26g	100	4
COOKIE MONSTER	Milk, Sugar, Cream, Nonfat Milk, Whey, Corn Syrup, Egg, Enriched Flour (wheat, flour, niacin, reduced iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid, Partially hydrogenated Soybean and/or cottonseed oil, cocoa, (with alkali), Natural and Artificial Vanilla, High Fructose Corn Syrup, Yellow Corn Flour, Salt, Dextrose, Baking Soda, Soy Lecithin, Mono- and Diglycerides, Cellulose Gum, Guar Gum, Polysorbate 80, Carrageenan, Lactic Acid. Nonfat Dry Milk, Whey, Modified Food Starch, Pectin, Natural and Artificial Flavors. Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis and L. Acidophilus, Flour, Brown Sugar, Rolled Oats, Baking Soda, Salt, Cinnamon	Milk, Wheat, Soy, Egg	4oz	135	4.5g	17g	0g	26g	100	4
NEW YORK CHEESECAKE	Pasteurized and Cultured Skim Milk, Sugar, Cheesecake Base (Water, Corn Syrup, Sugar, Nonfat Dry Milk, Modified Food Starch, Milk, Natural Flavor, Lactic Acid, Citric Acid, Turmeric (color), Yellow #6), Whey, Milk Protein Isolate, Cellulose Gum, Guar Gum, Carrageenan, Pectin. Live and active cultures: S. thermophilus, L. bulgaricus, L. lactis and L. acidophilus.	Milk, Egg	4oz	100	0g	17g	0g	21g	75	3
PEANUT BUTTER	Milk, Corn Syrup, Sugar, Nonfat Milk Solids, Whey, Peanut Butter (Peanuts, 70-80% Cottonseed And/or Peanut Oil, High Fructose Corn Syrup, Salt), Mono And Diglycerides, Cellulose Gum, Tetrasodium Pyrophosphate, Guar Gum, Polysorbate 80, Polysorbate 65, Carrageenan, Yogurt Cultures	Milk, Peanuts	4oz	160	7g	14g	.5g	20g	90	4
PEYTON'S CARROT CAKE	Pasteurized and Cultured Skim Milk, Sugar, Cream, Corn Syrup, Nonfat Dry Milk, Whey, Pasteurized Egg Yolks, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Modified Food Starch, Carrageenan, Pectin, Natural and Artificial Flavors. Flour, Wheat Flour, Corn Syrup, Carrots, Cinnamon	Milk, Wheat, Egg	4oz	130	3.5g	13g	0g	19g	100	4
PISTACHIO	Pasteurized and Cultured Skim Milk, Sugar, Corn Syrup, Whey, Nonfat Dry Milk, Natural and Artificial Flavor, Milk Protein Isolate, Cellulose Gum, Guar Gum, Carrageenan, Modified Food Starch, Pectin.	Milk	4oz	100	0g	18g	0g	22g	75	3
PUMPKIN PIE	Milk, Cream, Sugar, Non Fat Milk, Corn Syrup, Whey, Pumpkin Puree, High Fructose Corn Syrup, Sweet Condensed Milk, Water, Egg, Yolks, Natural Flavors, Spices, Molasses, Annatto Extract, Cinnamon, Carmel Color, Nutmeg, Yellow #5, Red # 40, Sodium Benzoate, Potassium Sorbate (preservative), Propylene Glycol, Mono & Diglycerides, Cellulose Gum, Guar Gum, Polysorbate 80, Carrageenan.	Milk, Egg	4oz	110	3g	18g	0g	23g	80	3
RED VELVET CUPCAKE	Milk, Cream, Sugar, Nonfat Milk Solids, Corn Syrup, Whey, Cocoa (processed with alkali), Natural and Artificial Flavors (propylene glycol, water, yellow #5, red #40, blue #1), Mono- and Diglycerides, Cellulose Gum, Guar Gum, Polysorbate 80, Carrageenan, Cream Cheese Drop (sugar, partially hydrogenated palm kernel oil, coconut oil, whey, whole milk powder, soy Lecithin, natural flavors, titanium dioxide), Red #40.	Milk, Soy, Coconut Oil	4oz	130	3g	17g	.5g	22g	70	3
SEA SALT CARAMEL PRETZEL	Milk, Nonfat Milk, Sugar, Cream, Whey, Corn Syrup, Natural and Artificial Salted Caramel Flavor WC, Natural and Artificial Pretzel Flavor, Pretzel Drop (Sugar, Partially Hydrogenated Palm Kernel Oil, Coconut Oil, Whey, Whole Milk Powder, Soy Lecithin, Titanium Dioxide, Natural Vanilla), Pretzels (Enriched Wheat Flour, (Contains: Wheat, flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Salt, Malt, Vegetable Oil, (Canola Oil, Corn Oil, and/or Soybean Oil), Leavening (Yeast, Sodium Bicarbonate, and/or Ammonium Bicarbonate)), Salt, Mono-and Diglycerides, Cellulose Gum, Polysorbate 80, Carrageenan, Dextrose, Sea Salt, Propylene Glycol, Caramel Color, Alcohol,	Milk, Soy, Tree Nuts, Wheat	4oz	120	3g	16g	0g	19g	170	3
YO'ORIGINAL TART	Pasteurized and Cultured Skim Milk, Sugar, Corn Syrup, Whey, Nonfat Dry Milk, Lemon Juice Concentrate, Citric Acid, Food Starch, Carrageenan, Pectin, Natural Flavor.	Milk	4oz	90	0g	15g	0g	20g	65	2
GELATO PISTACHIO	Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Cream, Corn Syrup, Whey, Non Fat Dry Milk, Contains Less Than 1% Of Mono- & Diglycerides, Cellulose Gum, Guar Gum, Natural and Artificial Flavors, Cellulose Gum, Cellulose Gel.	Milk	4oz	140	6g	15g	0g	20g	55	3
DOLE PINEAPPLE	Sugar, Dextrose, Stabilizers (Cellulose Gum, Xanthan Gum, Locust Bean Gum, Guar Gum, Karaya Gum, Pectin), Coconut Oil, Contains 2% Or Less Of Each Of The Following: Maltodextrin, Citric Acid, Natural & Artificial Flavor (contains Pineapple Juice Powder), Modified Food Starch, Malic Acid, Beta Carotene (Color), Mono & Diglycerides, Silicon Dioxide (Anticaking).	Tree Nuts	4oz	90	0g	20g	0g	21g	10	2
ITALIAN ICE	Water, Sugar, Corn Syrup, Fructose, Citric Acid, Guar Gum, Mono-and Diglycerides, Cellulose Gum, Xanthan Gum, Polysorbate 80, Carrageenan, Dextrose	None	4oz	90	0g	18g	0g	22g	0	2
SORBET	Water, Sugar, Corn Syrup, Flavored Base (Water, Cane Sugar, Juice Concentrates, Natural Flavor, Citric Acid, Xanthan Gum), Natural Flavors, Annatto (for color), Fruit and Vegetable Juice (for color), Pectin, Citric Acid, Turmeric (for color).	None	4oz	80	0g	14g	0g	21g	0	2
VEGAN CHOCOLATE SOY	Vegan Beet Sugar, Corn Maltodextrin, Soy Milk Powder, Fair Trade Certified(TM) Cocoa Powder, guar gum, xanthan gum, salt Soy	Soy	4oz	100	0g	7g	1g	23g	70	3
VEGAN VANILLA SOY	Vegan Beet Sugar, Corn Maltodextrin, Soy Milk Powder, natural vanilla extract powder, guar gum, xanthan gum, salt	Soy	4oz	100	0g	7g	1g	23g	70	3
COCONUT MILK SOFT SERVE	Water, Sugar, Coconut Milk, Dextrose, Pectin, Guar Gum. Cultured with the following Live Active Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, B. Bifidus and L. Casei.	Tree Nuts	4oz	140	4g	27g	0g	27g	20	4