



Sunset Magazine

LIVING IN THE WEST

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Healthy living

Frozen yogurt face-off How the fro-yos compare

	SUNSET'S TART 'N' TANGY FRO-YO	PINKBERRY (ORIGINAL)	RED MANGO (ORIGINAL)	CULTURE ORGANIC FROZEN YOGURT (ORIGINAL)	TCBY (GOLDEN VANILLA)
CALORIES*	121	100	90	72	120
SUGAR (IN GRAMS)*	24	20	18	10.4	16
FAT (IN GRAMS)*	0	0	0	0	0
NO. OF INGREDIENTS	2	16	12	5	15
MOST POPULAR TOPPINGS	N/A	1. Strawberries 2. Mango 3. Raspberries	1. Strawberries 2. Mango 3. Ghirardelli dark chocolate chips	1. Organic toasted coconut crunch 2. A baked daily crisp 3. Pistachio brittle with fleur de sel	1. Strawberries 2. Oreo cookie pieces 3. Hot fudge
MOST POPULAR FLAVORS	N/A	1. Original 2. Pomegranate (seasonal flavor) 3. Green tea	1. Original 2. Pomegranate 3. Green tea	1. Original 2. Chocolate 3. Strawberry (seasonal flavor)	1. Golden vanilla 2. White chocolate mousse 3. Chocolate
COST PER 4 OZ.	\$0.50	\$2.10	\$2.75	\$2.99	\$1.60
WHERE TO FIND	Your kitchen	CA	AZ, CA, HI, NV, UT, WA	Palo Alto, CA	All Western states except AK
TASTING NOTES	Tart, slightly sweet, and very refreshing.	Nice balance of sweet and tangy, but the iciest texture. Tastes most like actual yogurt.	Creamiest mouth-feel, but odd aftertaste.	Pure and innocent-tasting, with outstanding creaminess and tartness; our favorite retail mix (it's made with Straus yogurt).	Tastes like soft-serve vanilla ice cream.

*per 1/2 cup (servings are often larger)

Highlight added by Culture, LLC