

Nutritional Info*

Weight *Calories* *Total Carbs* *Sugars* *Fat*

*Rēis & Irvy's Fro-yo
(no topping)*

128g **123.4** **28.8g** **9.2g** **0g**

Rēis & Irvy's Toppings

Granola

14.2g **46** **9g** **1.27g** **0.63g**

Chopped Almonds

14.2g **86** **2.8g** **0.47g** **5.5g**

Chopped Walnuts

14.2g **86** **1.9g** **0.5g** **8.5g**

Muesli

14.2g **45** **9.5g** **2.5g** **0.8g**

Graham Crackers

14.2g **57** **10g** **4g** **1.3g**

Protein Powder

14.2g **50** **2.4g** **0.7g** **0.7g**

*Rēis & Irvy's Fro-yo
(+ avg topping)*

142.2g **176** **31g** **10.9g** **2.9g**