

Gluten-Free Frozen Products & Allergen Identification Table



Dairy, Egg, Gluten (Wheat), Peanut, Soy, Tree Nut (Almond, Coconut, Pecan, Walnut)

Brand	Size	Flavor	Calories per Serving		Letter denotes presence of the allergen.										Certification				
			Calories	Fat Calories	Dairy	Egg	Gluten	Peanut	Soy	Tree Nut				Kosher DE	Kosher Parve	Organic	70% Organic	Vegan	
										Almond	Coconut	Pecan	Walnut						
Purely Decadent® Free Dairy	Pint	Belgian Chocolate	180	50					S							P		%	V
		Blueberry Cheesecake	180	45					S							P		%	V
		Cherry Nirvana	190	80					S		C					P		%	V
		Chocolate Obsession	210	80					S		C			K				%	V
		Coconut Craze	240	90					S		C					P		%	V
		Cookie Dough (Gluten Free)	230	70					S		C					P		%	V
		Dulce De Leche	170	50					S							P		%	V
		Key Lime Pie	190	45					S							P		%	V
		Mint Chocolate Chip	190	70					S		C					P		%	V
		Mocha Almond Fudge	200	80					S	A				K				%	V
		Peanut Butter Zig Zag	230	120				P	S		C			K				%	V
		Pomegranate Chip	200	70					S		C					P		%	V
		Praline Pecan	210	90				P	S			P		K				%	V
		Purely Vanilla	170	70					S							P		%	V
		Rocky Road	190	80					S	A	C			K				%	V
		Snickerdoodle	190	50					S							P		%	V
		So Very Strawberry	170	40					S							P		%	V
		Swinging Anna Banana (discontinued)	230	120					S		C		W			P		%	V
		Turtle Trails	200	70				P	S			P		K				%	V
	Vanilla Swiss Almond (discontinued)	200	80					S	A	C			K				%	V	
Novelties (Multipack)	Purely Vanilla Bar	200	80					S							P		%	V	
	Vanilla Almond Bar	210	90					S	A						P		%	V	

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										Almond	Coconut	Pecan	Walnut						
So Delicious® Coconut Milk Ice Cream	Novelties (Multipack)	Coconut Almond Bar	170	90					S		C					P			V
		Vanilla Bar	150	70					S		C					P			V
So Delicious® Dairy Free	Novelties (Multipack)	Creamy Orange Bar	80	10					S							P			V
		Creamy Raspberry Bar	80	10					S							P			V
So Delicious® Dairy Free, Kidz	Novelties (Multipack)	Assorted Fruit Pops	35	0											P			V	
		Fudge Pops	60	0											P			V	
So Delicious® Dairy Free, Sugar Free	Novelties (Multipack)	Fudge Bar	80	45					S						P			V	
		Vanilla Bar	150	120					S						P			V	
It's Soy Delicious®	Pint	Almond Pecan	140	40					S	A		P			P			V	
		Awesome Chocolate	155	15					S			P			P			V	
		Black Leopard	110	20					S						P			V	
		Carob Peppermint	115	15					S						P			V	
		Chocolate Almond	140	40					S	A					P			V	
		Chocolate Peanut Butter	135	30				P	S						P			V	
		Espresso	115	15					S						P			V	
		Green Tea	110	15					S						P			V	
		Mango Raspberry	110	15					S						P			V	
		Pistachio Almond	130	40					S	A					P			V	
		Raspberry	115	15					S						P			V	
		Tiger Chai	110	15					S						P			V	
Vanilla	110	15					S						P			V			
Vanilla Fudge	120	15					S						P			V			
Sweet Nothings®	(Multipack)	Fudge Bar	100	0										P			V		
	Novelties	Fudge Bar	100	0										P			V		
	(Single Serve)	Mango Raspberry Bar	100	0										P			V		

Gluten-Free Refrigerated Products & Allergen Identification Table



Dairy, Egg, Gluten (Wheat), Peanut, Soy, Tree Nut (Almond, Coconut, Pecan, Walnut)

Brand	Size	Flavor	Calories per Serving		Letter denotes presence of the allergen.										Certification					
			Calories	Fat Calories	Dairy	Egg	Gluten	Peanut	Soy	Tree Nut				Kosher DE	Kosher Parve	Organic	70% Organic	Vegan		
										Almond	Coconut	Pecan	Walnut							
So Delicious® Creamy Cultured Soy Yogurt	6 oz Cup	Blueberry	170	25						S						K			%	V
		Cherry Vanilla	160	25						S						K			%	V
		Cinnamon Bun	160	25						S						K			%	V
		Key Lime	160	25						S						K			%	V
		Lemon Drop	160	25						S						K			%	V
		Peach	160	25						S						K			%	V
		Plain	140	30						S						K			%	V
		Raspberry	160	25						S						K			%	V
		Strawberry	150	25						S						K			%	V
Vanilla	160	25						S						K			%	V		
So Delicious® Cultured Coconut Milk Yogurt	6 oz Cup	Blueberry	140	60											K			%	V	
		Passionate Mango	130	60											K			%	V	
		Plain	130	70											K			%	V	
		Raspberry	140	60											K			%	V	
		Strawberry Banana	150	50											K			%	V	
		Vanilla	140	60											K			%	V	



References

- Food Allergy Initiative. 2-15-05. (www.FoodAllergyInitiative.org)
Food Allergy Research and Resource Program. 01-18-05. (www.FARRP.org)
Food Allergy & Anaphylaxis Network. 01-18-05. (www.FoodAllergy.org)

Turtle Mountain, LLC applies strict quality control measures in an effort to prevent contamination by undeclared food allergens. To assure our preventative measures are effective, we sample test our product for the presence of gluten, dairy, peanut and almond allergens using state of the art testing methods.

Find Product Information, Store Locator, Coupons and more at:
www.SoDeliciousDairyFree.com