

Ice Cream Nutritional Statement

FLAVOR	Serving Size(g)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)
Amoretto	85	190	100	12	8	0	50	40	19	0	17	3	4	0	10	0
	170	380	210	23	17	0	95	85	38	0	34	6	8	0	20	0
	255	570	310	35	25	0	145	125	57	0	51	10	15	0	30	0
	340	770	420	47	34	0	190	170	77	0	68	13	15	0	40	0
Apple Strudel	85	190	90	10	7	0	40	45	22	0	20	3	4	0	10	0
	170	380	180	21	15	0	85	85	44	0	39	6	8	0	20	0
	255	560	280	31	22	0	125	130	66	0	59	8	10	0	30	0
	340	750	370	41	30	0	170	170	88	0	78	11	15	0	40	0
Banana Pudding	85	170	80	9	7	0	35	35	19	0	16	3	4	2	8	0
	170	330	160	18	13	0	75	70	39	1	32	5	6	4	15	0
	255	500	250	27	20	0	110	105	58	1	47	8	10	6	25	0
	340	660	330	36	26	0	150	140	78	2	63	11	15	8	35	0
Black Cherry	85	190	100	12	8	0	45	40	20	0	17	3	4	0	10	0
	170	380	210	23	17	0	95	85	39	0	35	6	8	0	20	0
	255	580	310	35	25	0	140	125	59	0	52	9	15	0	30	0
	340	770	410	46	33	0	190	170	79	0	69	13	15	0	40	0
Blueberry Muffin	85	190	90	10	7	0	35	35	24	0	19	3	4	0	10	2
	170	390	180	20	14	0	75	65	48	1	37	6	6	2	20	2
	255	580	270	30	21	0	110	100	73	1	56	9	10	2	30	4
	340	780	350	39	27	0	150	135	97	1	75	12	15	2	40	4
Brownie Batter	85	210	100	11	8	0	40	85	26	0	21	3	4	0	10	2
	170	420	190	21	15	0	85	170	52	1	42	6	8	0	20	4
	255	620	290	32	23	0	125	260	77	1	62	10	10	0	30	6
	340	830	390	43	30	0	170	350	103	1	83	13	15	0	40	8
Butter Pecan	85	190	90	11	8	0	45	70	22	0	20	3	4	0	10	0
	170	380	190	21	15	0	85	140	44	0	40	6	8	0	20	0
	255	580	280	32	23	0	130	210	66	0	59	9	10	0	30	0
	340	770	380	42	31	0	170	280	88	0	79	12	15	0	40	0
Cappuccino	85	190	100	11	8	0	45	40	21	0	18	3	4	0	10	0
	170	380	190	22	16	0	90	85	41	0	36	6	8	0	20	0
	255	570	290	32	23	0	130	125	62	0	55	9	10	0	30	0
	340	750	390	43	31	0	175	170	83	0	73	12	15	0	40	0
Caramel Apple	85	200	90	11	8	0	40	50	24	0	21	3	4	0	10	0
	170	400	190	21	15	0	85	105	47	0	41	6	8	0	20	0
	255	590	280	32	23	0	125	150	71	0	62	9	10	0	30	0
	340	790	380	42	31	0	165	210	94	0	83	12	15	0	40	0
Carrot Cake	85	210	100	11	7	0	40	100	26	0	19	3	4	0	10	0
	170	420	190	21	15	0	80	200	51	0	39	6	8	0	20	0
	255	620	290	32	22	0	120	300	77	0	58	9	10	0	35	2
	340	830	380	42	30	1	165	400	103	0	78	13	15	0	40	4

FLAVOR	Serving Size(g)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)
Cheesecake	85	190	100	11	8	0	45	40	21	0	18	3	4	0	10	0
	170	380	100	21	16	0	85	80	43	0	36	6	8	0	20	0
	255	570	290	32	23	0	130	115	64	0	54	9	10	0	30	0
	340	760	390	43	31	0	175	160	85	0	72	12	15	0	40	0
Chocolate	85	200	100	11	8	0	45	100	22	1	19	4	4	0	10	6
	170	390	200	22	16	0	80	200	44	2	37	7	8	0	20	10
	255	590	300	34	24	0	135	300	66	3	56	11	10	0	30	15
	340	790	400	45	32	0	175	400	88	4	75	14	15	0	40	20
Chocolate Banana	85	180	90	10	7	0	40	80	21	1	18	3	4	2	10	4
	170	370	180	20	15	0	80	160	43	2	35	7	8	2	20	8
	255	550	280	31	22	0	120	240	64	3	53	10	10	4	30	10
	340	740	370	41	30	0	165	320	85	4	71	13	15	4	40	15
Chocolate Better Batter	85	210	100	11	7	0	40	80	27	1	20	4	4	0	10	4
	170	420	190	21	15	0	50	160	54	1	41	7	8	0	20	10
	255	640	290	32	22	0	120	240	81	2	61	11	10	0	30	15
	340	850	380	43	30	1	160	310	108	3	82	14	15	0	40	20
Chocolate Peanut Butter	85	220	130	14	8	0	40	110	21	1	17	5	4	0	10	4
	170	450	260	28	16	0	80	220	42	2	35	9	8	0	20	8
	255	670	380	43	24	0	125	330	64	3	52	14	10	0	30	15
	340	900	510	57	32	0	165	440	85	4	70	18	15	0	40	15
Chocolate Raspberry	85	190	90	10	7	0	40	90	23	1	20	3	4	0	10	4
	170	380	180	20	15	0	80	180	46	2	39	6	8	0	20	8
	255	570	270	30	22	0	120	270	69	2	59	10	10	0	30	10
	340	760	360	40	29	0	160	360	91	3	79	13	15	0	40	15
Choco Mallo	85	180	90	10	7	0	40	80	21	1	18	3	4	0	8	4
	170	360	170	19	14	0	75	160	43	1	36	6	6	0	20	8
	255	540	260	29	21	0	115	240	64	2	54	9	10	0	25	10
	340	710	360	38	28	0	155	320	85	3	72	12	15	0	35	15
Cinnamoo	85	190	100	11	8	0	45	45	20	0	17	3	4	0	10	0
	170	380	200	23	17	0	95	85	39	0	33	6	8	0	20	0
	255	570	310	34	25	0	140	130	59	1	50	9	10	0	30	0
	340	760	410	46	33	0	185	170	79	1	67	12	15	0	45	0
Cinamoo Bun	85	260	110	12	7	0	30	125	37	1	20	4	2	0	10	4
	170	530	210	23	14	0	60	250	74	1	40	7	6	0	25	8
	255	790	320	35	21	0	95	360	111	2	60	11	8	0	35	10
	340	1050	420	47	28	0	125	510	148	2	81	14	10	0	45	15
Cocoa Amooretto	85	190	100	11	8	0	45	80	21	1	18	3	4	0	10	4
	170	390	200	23	16	0	90	160	42	1	36	7	8	0	20	6
	255	580	310	34	25	0	135	230	63	2	54	10	10	0	30	10
	340	780	410	45	33	0	180	310	84	2	72	14	15	0	40	15
Cool Mint	85	190	100	12	8	0	50	45	19	0	17	3	4	0	10	0
	170	380	210	23	17	0	95	85	38	0	34	6	8	0	20	0
	255	580	310	35	25	0	145	130	57	0	51	10	15	0	30	0
	340	770	420	47	34	0	190	170	76	0	68	13	15	0	40	0

FLAVOR	Serving Size(g)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)
Cotton Candy	85	190	100	12	8	0	45	45	19	0	17	3	4	0	10	0
	170	380	210	23	17	0	95	90	38	0	34	6	8	0	20	0
	255	570	310	35	25	0	140	135	57	0	51	9	15	0	30	0
	340	760	420	46	34	0	190	180	76	0	68	13	15	0	40	0
Creamy Coconut	85	190	100	12	8	0	45	40	19	0	17	3	4	0	10	0
	170	380	210	23	17	0	95	85	38	0	33	6	8	0	20	0
	255	580	310	35	25	0	140	125	57	0	50	9	15	0	30	0
	340	770	410	46	33	0	190	170	75	0	67	13	15	0	40	0
Dark Chocolate	85	190	100	11	8	0	45	85	21	1	18	4	4	0	10	0
	170	390	200	23	16	0	90	170	42	2	35	7	8	0	20	10
	255	580	310	34	25	0	135	250	64	3	53	11	10	0	30	15
	340	780	410	45	33	0	180	340	85	4	71	15	15	0	40	20
Egg Nog	85	200	100	11	8	0	45	40	23	0	19	3	4	0	10	0
	170	390	190	22	16	0	90	80	45	0	38	6	8	0	20	0
	255	590	290	32	23	0	135	120	68	0	57	9	10	0	30	0
	340	780	390	43	31	0	185	160	90	0	76	12	15	0	40	0
Espresso Bean	85	190	100	11	8	0	45	40	21	0	18	3	4	0	10	0
	170	380	190	22	16	0	90	85	41	0	36	6	8	0	20	0
	255	570	290	32	24	0	130	125	62	0	55	9	10	0	30	0
	340	750	390	43	31	0	175	170	82	0	73	12	15	0	40	0
Fresh Banana	85	170	90	10	70	0	40	35	19	0	16	3	4	2	8	0
	170	340	170	19	14	0	80	70	38	1	32	6	8	4	15	0
	255	510	260	29	21	0	115	105	58	1	47	8	10	6	25	0
	340	680	340	38	28	0	155	140	77	2	63	11	15	10	35	0
French Vanilla	85	200	100	11	8	0	45	45	21	0	19	3	4	0	10	0
	170	390	200	22	16	0	90	85	43	0	38	6	8	0	20	0
	255	590	300	33	23	0	130	130	64	0	56	9	10	0	30	2
	340	780	400	44	31	0	175	170	86	0	75	13	15	0	40	2
Key Lime	85	190	80	9	6	0	35	30	27	0	24	2	4	4	8	0
	170	380	160	18	13	0	70	65	54	0	48	5	6	10	15	0
	255	570	240	26	19	0	110	95	82	0	73	7	10	15	25	0
	340	750	320	35	26	0	145	130	109	0	97	10	15	20	30	0
Maggie's Fudge	85	210	100	11	9	0	40	60	25	0	21	3	4	0	10	0
	170	420	210	23	17	0	80	115	50	0	41	5	6	0	20	2
	255	630	310	34	26	0	120	170	74	0	62	8	10	0	30	2
	340	840	410	46	35	0	155	230	99	0	82	10	15	0	40	4
Mint Chocolate	85	200	100	11	8	0	45	90	21	1	18	4	4	0	10	4
	170	390	200	23	16	0	80	180	43	1	37	7	8	0	20	8
	255	590	300	34	24	0	135	270	64	2	55	11	10	0	30	10
	340	780	410	45	33	0	180	360	86	3	73	14	15	0	40	15
Mocha	85	200	100	11	7	0	40	65	21	1	14	3	0	2	10	0
	170	390	200	23	14	0	85	135	42	1	29	6	0	4	20	0
	255	590	300	34	22	0	125	200	64	2	43	8	0	8	30	0
	340	780	410	45	29	0	170	270	85	2	57	11	0	10	40	0

FLAVOR	Serving Size(g)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)
Peanut Butter	85	240	150	17	8	0	40	85	19	1	16	5	4	0	10	0
	170	480	300	33	17	0	80	170	38	1	31	10	8	0	20	2
	255	720	450	50	25	0	125	260	57	2	47	15	10	0	30	2
	340	950	600	66	34	0	165	340	76	2	63	20	15	0	40	4
Pina Cowlada	85	180	100	11	8	0	45	40	18	0	16	3	4	2	10	0
	170	360	190	21	15	0	85	75	37	0	33	6	8	2	20	0
	255	540	290	32	23	0	130	115	55	0	49	9	10	4	30	0
	340	720	380	42	31	0	175	150	74	0	66	12	15	4	40	0
Pink Bubblegum	85	190	100	12	8	0	45	40	19	0	17	3	4	0	10	0
	170	380	210	23	17	0	95	85	39	0	34	6	8	0	20	0
	255	580	310	35	25	0	140	125	58	0	51	9	15	0	30	0
	340	770	420	46	34	0	190	170	77	0	68	13	15	0	40	0
Pink Peppermint Stick	85	210	90	10	8	0	45	40	25	0	23	3	4	0	10	0
	170	420	190	21	15	0	85	75	51	0	47	6	8	0	20	0
	255	630	280	31	23	0	130	115	76	0	70	9	10	0	30	0
	340	830	380	42	30	0	170	150	101	0	94	11	15	0	40	0
Pistachio	85	190	100	12	8	0	15	40	19	0	17	3	4	0	10	0
	170	380	210	23	17	0	95	85	39	0	34	6	8	0	20	0
	255	580	310	35	25	0	140	125	58	0	51	9	15	0	30	0
	340	770	420	46	34	0	190	170	77	0	68	13	15	0	40	0
Pumpkin Pie	85	180	90	10	8	0	45	45	21	0	18	3	6	0	10	0
	170	370	190	21	15	0	85	95	41	0	36	6	15	0	20	2
	255	550	280	31	23	0	130	140	62	1	53	9	20	0	30	2
	340	740	380	42	30	0	170	190	82	1	71	12	25	0	40	2
Raspberry	85	180	90	10	7	0	40	50	21	0	19	3	4	0	10	0
	170	370	180	21	15	0	85	100	42	0	37	6	8	0	20	0
	255	550	280	31	22	0	125	150	63	0	56	9	10	0	30	2
	340	740	370	41	30	0	170	200	84	1	75	11	15	0	40	2
Red Velvet Cake	85	210	90	10	7	0	40	75	27	1	20	4	4	0	10	4
	170	420	190	21	14	0	75	150	54	1	41	7	6	0	20	8
	255	630	280	31	22	0	115	230	81	2	61	11	10	0	30	15
	340	840	370	41	29	1	155	300	108	3	82	14	15	0	40	20
Rum Raisin	85	190	100	12	8	0	50	45	19	0	17	3	4	0	10	0
	170	380	210	23	17	0	95	90	39	0	35	6	8	0	20	0
	255	580	310	35	25	0	145	130	58	0	52	10	15	0	30	0
	340	770	420	48	34	0	190	180	78	0	69	13	15	0	40	0
Southern Peaches	85	170	70	8	6	0	30	40	22	0	18	2	4	15	8	0
	170	330	140	16	12	0	65	75	44	0	36	5	8	35	15	0
	155	500	210	24	18	0	95	115	65	1	53	7	10	50	20	0
	340	660	290	32	23	0	130	150	87	1	71	9	15	70	30	0
Strawberry	85	170	90	10	7	0	40	40	18	0	16	3	4	8	10	0
	170	350	180	21	15	0	85	75	37	0	33	6	8	20	20	0
	255	520	280	31	22	0	125	115	55	1	49	9	10	25	30	0
	340	700	370	41	30	0	170	150	74	1	65	11	15	35	40	0

FLAVOR	Serving Size(g)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)
Udderly Cream	85	190	110	12	9	0	50	45	19	0	17	3	4	0	10	0
	170	380	210	23	17	0	95	85	38	0	34	6	8	0	20	0
	255	570	320	35	26	0	145	130	57	0	51	10	15	0	30	0
	340	770	420	47	34	0	190	170	77	0	68	13	15	0	45	0
Vanilla	85	190	100	11	8	0	45	45	19	0	17	3	4	0	10	0
	170	380	210	23	17	0	95	85	39	0	35	6	8	0	20	0
	255	570	310	34	25	0	140	130	58	0	50	9	10	0	30	0
	340	760	410	46	33	0	185	170	78	0	67	12	15	0	40	0
Vanilla Bean	85	190	100	11	8	0	45	45	20	0	17	3	4	0	10	0
	170	380	210	23	17	0	95	85	39	1	33	6	8	0	20	0
	255	570	310	34	25	0	140	130	59	1	50	9	10	0	30	0
	340	760	410	46	33	0	185	170	79	1	67	12	15	0	40	0
Very Yellow Marshmallow	85	170	90	10	7	0	40	45	19	0	17	3	4	0	8	0
	170	350	180	20	14	0	80	90	38	0	34	5	8	0	20	0
	255	520	260	29	21	0	120	130	58	0	50	8	10	0	25	0
Low Fat (Lactose Free)	85	60	20	3	2	0	0	75	11	0	9	0	0	0	0	0
Vanilla	170	130	40	5	3	0	0	150	23	0	18	0	0	0	0	0
	255	190	60	7	4	0	0	230	34	0	28	0	0	0	0	0
	340	260	80	9	6	0	0	300	45	0	37	0	0	0	0	0
No Sugar Added (NSA)	85	80	25	3	3	0	0	15	21	0	0	0	0	0	0	0
Strawberry Banana	170	170	50	6	5	0	0	30	42	0	0	0	0	0	0	0
	255	250	80	8	8	0	0	40	63	0	0	1	0	0	0	0
	340	330	100	11	10	0	0	55	84	0	0	1	0	0	0	0

*Percent Daily Values (%DV) are based on a 2,000 calorie diet.