



**Nutrition Information**

Product	Serving Weight (g)	Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
<b>Bases</b>																
Premium Ice Cream	99	Kids	208	120	13	9	52	68	17	0	17	4	12	0	12	0
Premium Ice Cream	148	Small	312	180	20	13	78	102	26	0	25	6	18	0	18	0
Premium Ice Cream	198	Medium	416	240	27	17	104	136	35	0	33	8	24	0	24	0
Premium Ice Cream	247	Large	520	300	34	22	130	170	44	0	42	10	30	0	30	0
Lowfat Ice Cream	94	Kids	120	40	4	3	16	68	18	0	14	3	3	0	12	0
Lowfat Ice Cream	141	Small	180	60	6	5	24	102	27	0	21	5	5	0	18	0
Lowfat Ice Cream	188	Medium	240	80	8	6	32	136	36	0	28	6	6	0	24	0
Lowfat Ice Cream	236	Large	300	100	10	8	40	170	45	0	35	8	8	0	30	0
Custard	100	Kids	174	83	9	6	49	71	19	0	16	4	25	0	14	0
Custard	149	Small	261	124	13	9	73	106	29	0	25	6	38	0	20	0
Custard	199	Medium	348	166	18	12	97	142	38	0	33	7	51	0	27	0
Custard	249	Large	435	207	22	15	121	177	48	0	41	9	63	0	34	0
Yogurt	87	Kids	90	0	0	0	0	75	19	0	16	4	0	0	15	0
Yogurt	130	Small	135	0	0	0	0	112	28	0	24	6	0	0	22	0
Yogurt	174	Medium	180	0	0	0	0	150	38	0	32	8	0	0	30	0
Yogurt	217	Large	225	0	0	0	0	187	47	0	40	10	0	0	37	0
Dairy-Free	86	Kids	100	25	3	3	0	80	19	0	14	0	0	0	0	0
Dairy-Free	129	Small	150	37	5	4	0	120	28	0	21	0	0	0	0	0
Dairy-Free	172	Medium	200	50	6	5	0	160	38	0	28	0	0	0	0	0
Dairy-Free	215	Large	250	62	8	6	0	200	47	0	35	0	0	0	0	0
<b>Mix-Ins</b>																
Almond Joy		1 Tbsp.	67	34	4	5	0.5	20	8.5	0.5	7	0.5	0	0	2	2
Almonds		1 Tbsp.	81	63	7	0.5	0	4	3	1.5	0.5	3	0	0	3	3
Andes Mints		1 Tbsp.	83	47	5	4.5	0.25	8	9	0.6	8.25	0.85	0.5	0.18	18	0.4
Animal Cookies		1 Tbsp.	72	31	3.5	2.6	1.5	27	10	0.14	5.5	0.75	0	0	0	0
Brownies		1 Tbsp.	68	30	3.3	1.5	10.5	89	9	0.6	5.6	0.9	0	0	1	0
Butterfinger		1 Tbsp.	65	24	2.5	1.5	0	32	10	0.5	7	1	0	0	0.5	0.5
Cashews		1 Tbsp.	85	63	7	1.5	0	94	4.5	0.5	1	2.5	0	0	0	3
Cheesecake Chunks		1 Tbsp.														
Bubble Gum Pieces		1 Tbsp.	35	0	0	0	0	0	8	0.5	9	0	0	0	0	0
Coconut Flakes		1 Tbsp.	39	23	25	2	0	20	3.5	0.5	3	0	0	0	0	0
Cookie Dough		1 Tbsp.	72	31	3.5	1.5	0	53	10	0.3	5.5	0.5	1	0	1	0
English Toffee		1 Tbsp.	81	37	4.2	2.7	12	68	11	0	9	0	1	0	1	0
Graham Cracker Crust		1 Tbsp.	55	11	1	0	0	80	10	0.5	3	1	0	0	0	3
Kit Kat		1 Tbsp.	73	35	4	2.5	1.5	9	9	0.5	7.5	1	0.5	0.5	2	0.5
M&M's		1 Tbsp.	85	31	3.5	2	2.5	10	13	0.5	11	1	0	0	2	1
Maraschino Cherries		1 Tbsp.	23	0	0	0	0	0.5	6	0.5	5.5	0	0	0	1	0.5
Marshmallows		1 Tbsp.	45	0	0	0	0	5	12	0	12	0.5	0	0	0	1
Oreo		1 Tbsp.	69	27	3	1	0	74	10	1	6	1	0	0	0	4
Peanut Butter Cups		1 Tbsp.	74	40	4.5	1.5	1	44	8	0.5	6.5	1.5	5	0	1	1
Pecans		1 Tbsp.	70	63	7	0.5	0	75	1.5	0.5	0.5	0.5	0	0	0	1
Reese's Pieces		1 Tbsp.	85	31	3.5	3	0	25	10.5	0.5	9	2.5	0	0	1	0
Snickers		1 Tbsp.	67	36	4	1	2	36	8	1	7	1	0	0	0	0
Sprinkles		1 Tbsp.	13	0	0	0	0	0	3	0	3	0	0	0	0	0
Twix		1 Tbsp.	143	64	7.1	5.4	2	57	19	0.3	14	1.4	0.5	0.5	3	1.5
Waffle Cone Crumbles		1 Tbsp.														
<b>Fruit</b>																
Blueberries		1 Tbsp.	10	0	0	0	0	0	3	0	2	0	0	2	0	0
Mango		1 Tbsp.	9	0.5	0	0	0	0.5	2.5	0.5	2	0	2	7	0	0
Mixed Berries		1 Tbsp.	14	0	0	0	0	4	3	1	0	0	0	0	1	0
Peaches		1 Tbsp.	15	0	0	0	0	1	4	0	4	0	3	2.6	0	0
Pineapple		1 Tbsp.	10	0	0	0	0	0	2.5	0	2.5	0	0	2.5	0	0
Raspberries		1 Tbsp.	10	0	0	0	0	0	2.5	0.5	1.5	0.5	0	5.5	0	0
Strawberries		1 Tbsp.	14	0	0	0	0	0	4.5	0.5	2.5	0	0	3	0	0
Chocolate Flakes		1 Tbsp.														
Gummy Bears		1 Tbsp.	60	0	0	0	0	7.5	15	0	6.5	0	0	0	0	0
Brownie Batter		1 Oz	70	14	1.5	0.5	0	70	13	0.5	13	1	0	0	0	3
Cake Batter		1 Oz														
Caramel		1 Oz	65	2.5	0.25	0	2.5	33	15	0	11	0	0	0	0	0
Fudge Chocolate		1 Oz	90	55	0.5	0	0	40	21	2	21	0	0	0	0	6
Malt		1 Tbsp														
Marshmallow Cream		1 Oz	50	0	0	0	0	25	12	0	9.5	0	0	0	0	0
Peanut Butter		1 Oz	100	72	8	1.5	0	70	3	1	1.5	4	0	0	0	2
Sweet Chocolate		1 Oz	45	0	0	0	0	15	11	0	10	0	0	0	0	0
Butterscotch		1 Oz	65	0	0	0	0	50	16	0	11	0	0	0	0	0
Whipped Cream		1 Oz	35	23	2.5	2.5	0	0	3	0	2	0	0	0	0	0
Pepsi		1 Oz	63	0	0	0	0	15	17	0	17	0	0	0	0	0
Dr Pepper		1 Oz	57	0	0	0	0	19	17	0	17	0	0	0	0	0
Mountain Dew		1 Oz	71	0	0	0	0	30	19	0	19	0	0	0	0	0
Waffle Bowl		1 each														