

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 (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
Amaretto	99	229	129	14	9	0	53	0	23	0	15	3	0	2	122	0
	198	458	246	27	18	0	106	0	46	0	30	6	0	4	243	0
	283	659	352	39	26	0	152	0	65	0	43	9	0	5	348	0
Amaretto-Reduced Fat	99	210	94	10	7	0	45	0	24	0	24	3	448	0	120	0
	198	421	188	20	13	0	90	0	48	0	48	6	896	0	239	0
	283	602	269	30	19	0	128	0	69	0	68	9	1281	0	342	0
Apple N Spice	99	224	107	12	8	0	46	7	26	0	19	3	0	2	107	0
	198	448	214	24	16	0	93	13	52	0	38	5	0	3	214	0
	283	639	307	34	23	0	133	19	75	0	55	8	0	5	306	0
Banana	99	202	101	11	7	0	43	0	22	1	15	3	12	3	100	0
	198	405	202	22	15	0	87	0	45	1	29	5	24	6	200	0
	283	578	289	32	21	0	124	1	65	1	42	8	34	9	286	0
Banana Rum	99	211	107	12	8	0	45	8	23	0	15	3	8	3	105	0
	198	423	211	23	16	0	91	16	46	1	30	5	17	5	209	0
	283	604	302	34	22	0	130	23	66	1	43	8	24	8	299	0
Birthday Cake	99	236	122	14	9	0	51	25	25	0	16	3	0	2	123	0
	198	472	244	27	18	0	103	50	50	0	33	6	0	4	245	0
	283	674	349	39	26	0	147	72	71	0	47	9	0	5	351	0
Blackberry	99	230	122	14	9	0	53	5	24	0	16	3	0	2	120	0
	198	460	243	27	18	0	105	9	47	0	32	6	0	4	240	0
	283	657	347	39	26	0	150	12	68	0	46	9	0	5	343	0
Black Walnut	99	227	122	14	9	0	53	1	24	0	16	3	0	2	212	0
	198	455	244	27	18	0	105	2	47	0	31	6	0	4	240	0
	283	650	347	39	26	0	150	3	68	0	45	9	0	5	343	0
Blueberry	99	216	108	12	8	0	46	3	24	0	17	3	3	2	107	0
	198	433	215	24	16	0	93	4	49	1	34	6	7	5	214	0
	283	619	308	34	23	0	133	6	70	1	49	8	10	7	306	0
Bubblegum	99	224	120	13	9	0	52	0	23	0	15	3	1	3	118	0
	198	457	239	27	18	0	103	1	47	0	31	6	2	6	237	0
	283	653	342	38	25	0	148	1	67	0	44	9	3	8	338	0
Butter Pecan	99	228	112	12	8	0	49	33	26	0	19	3	0	2	114	0
	198	457	225	25	17	0	97	66	52	0	37	6	0	3	229	0
	283	654	321	36	24	0	139	95	74	0	53	8	0	5	327	0
Butter Pecan-Reduced Fat	99	230	112	12	8	0	49	33	26	0	19	3	0	2	115	0
	198	457	225	25	17	0	97	66	52	0	37	6	0	3	229	0
	283	654	321	36	24	0	139	95	74	0	53	8	0	5	327	0
Caramel	99	228	118	13	9	0	51	0	24	0	17	3	0	2	117	0
	198	456	235	26	17	0	101	0	49	0	33	6	0	3	233	0
	283	651	337	37	23	0	145	0	69	0	48	8	0	5	333	0

Cheesecake	99	228	113	13	8	0	49	0	26	0	17	3	1	2	117	0
	198	456	225	25	17	0	97	0	51	0	34	7	1	3	233	0
	283	651	322	36	24	0	139	0	73	0	48	8	2	5	333	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 (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
Cheesecake-Reduced Fat	99	211	86	10	6	0	41	0	27	0	25	3	410	0	115	0
	198	422	173	19	12	0	82	0	53	0	50	6	822	0	230	0
	283	603	247	27	18	0	117	0	76	0	71	8	1174	0	329	0
Chocolate Amaretto	99	229	117	13	8	0	48	1	25	1	17	3	0	2	114	0
	198	459	235	26	17	0	97	2	50	2	34	7	0	3	228	0
	283	655	356	27	24	0	138	3	73	2	49	9	0	4	326	0
Chocolate Mint	99	229	118	13	8	0	49	1	25	1	17	3	0	2	116	0
	198	460	238	26	17	0	99	2	50	1	34	7	0	3	232	0
	283	657	340	38	24	0	141	2	71	2	48	9	0	5	331	0
Chocolate Peanut Butter	99	261	150	17	9	0	0	87	25	1	20	5	214	0	114	1
	198	522	299	33	19	0	0	174	49	2	41	11	427	0	231	2
	283	746	427	47	27	0	0	258	71	3	58	15	610	0	330	3
Chocolate Rum	99	230	116	13	8	0	48	10	25	1	17	3	0	2	113	0
	198	461	232	26	16	0	96	19	51	2	35	7	0	3	226	0
	283	658	332	37	23	0	136	27	73	2	50	9	0	5	322	0
Chocolate Swiss	99	229	117	13	8	0	47	1	26	1	18	3	0	2	113	0
	198	459	234	26	16	0	95	3	52	2	35	7	0	3	226	0
	283	655	334	37	23	0	136	4	74	3	50	10	0	5	323	0
Chocolate Swiss	99	213	91	10	6	0	40	1	27	1	26	3	400	0	111	0
Reduced Fat	198	426	182	20	12	0	80	3	54	2	51	7	802	0	222	0
	283	608	260	29	17	0	115	4	77	3	73	10	1145	0	318	0
Cinnamon	99	229	123	14	9	0	53	0	23	1	15	3	3	2	130	0
	198	458	248	27	18	0	106	0	47	1	30	6	5	4	261	0
	283	655	350	39	26	0	151	0	67	1	43	9	8	5	372	0
Coconut	99	230	122	14	9	0	53	0	23	0	15	3	0	2	120	0
	198	460	243	27	18	0	105	0	45	0	30	6	0	4	240	0
	283	656	348	39	26	0	150	0	65	0	43	9	0	5	344	0
Coffee	99	227	122	14	10	0	53	0	23	0	15	3	0	2	123	0
	198	453	243	27	18	0	105	0	45	0	30	6	0	4	242	0
	283	648	348	39	26	0	150	1	65	0	43	9	0	5	348	0
Cookie Dough	99	234	107	12	8	0	46	9	29	0	23	3	0	2	112	0
	198	468	214	24	16	0	92	17	58	0	46	5	0	3	224	0
	283	668	306	34	23	0	132	25	82	0	66	8	0	5	320	1
Dark Chocolate	99	235	116	13	9	0	46	18	26	1	18	4	1	2	112	2
	198	471	232	26	17	0	93	37	53	3	35	7	2	4	224	4
	283	672	331	37	24	0	133	53	76	4	50	10	3	5	320	5
Egg Nog	99	237	108	12	8	0	50	1	29	0	19	3	2	2	107	0
	198	474	217	24	16	0	100	1	58	0	39	5	4	3	213	0
	283	677	310	34	23	0	143	1	83	0	55	8	6	5	309	0
French Vanilla	99	236	116	13	8	0	48	5	26	0	18	3	17	2	112	0
	198	471	232	26	16	0	96	10	52	0	37	6	35	3	225	0
	283	673	332	37	24	0	137	15	74	0	53	9	50	5	321	0

Fudge	99	243	116	13	8	0	45	15	29	0	21	3	12	2	112	0
	198	485	231	26	17	0	90	30	59	1	41	6	23	3	224	1
	283	693	329	37	24	0	129	43	84	1	59	9	33	5	320	1
Honey	99	232	119	13	9	0	51	0	25	0	18	3	0	2	118	0
	198	463	238	26	18	0	102	0	50	0	35	6	0	4	236	0
	283	662	340	38	25	0	147	0	72	0	50	8	0	5	337	0
Lemon Custard	99	240	117	13	8	0	79	3	27	0	20	3	54	2	113	0
	198	479	234	26	16	0	159	7	54	0	41	6	109	3	225	0
	283	685	334	37	23	0	227	10	77	0	58	9	155	5	321	0
Mango	99	228	122	14	9	0	53	0	23	0	15	3	2589	2	120	0
	198	455	243	27	18	0	105	0	46	0	30	6	5178	4	240	0
	283	650	348	39	26	0	150	0	65	0	43	9	7397	6	344	0
Maple	99	230	121	13	9	0	52	0	24	0	16	3	0	2	121	0
	198	459	241	27	18	0	104	0	48	0	33	6	0	4	242	0
	283	656	345	38	26	0	149	1	68	0	47	9	0	5	345	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 (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
Mocha	99	228	118	13	8	0	49	1	25	1	17	3	0	2	116	0
	198	456	237	26	17	0	99	2	49	1	33	7	0	3	232	0
	283	652	338	38	24	0	141	3	71	2	48	9	0	4	331	0
Peach	99	219	111	12	8	0	48	3	24	0	16	3	13	6	110	0
	198	438	221	25	16	0	96	7	48	0	32	6	26	11	219	0
	283	625	316	35	23	0	137	10	68	0	46	8	37	16	313	0
Peanut Butter	99	263	153	17	9	0	49	42	23	1	15	5	0	2	111	0
	198	525	306	34	18	0	97	84	46	1	29	10	0	3	222	0
	283	747	437	49	26	0	139	120	65	2	42	14	0	5	317	1
Peanut Butter Banana	99	243	137	15	9	0	47	30	23	1	15	4	4	2	107	0
	198	487	274	30	17	0	93	61	46	1	29	9	8	4	213	0
	283	695	391	43	25	0	133	87	65	2	42	12	12	6	305	0
Peppermint	99	239	121	13	9	0	51	0	26	0	18	3	0	2	116	0
	198	479	242	27	18	0	101	0	52	0	35	6	0	3	232	0
	283	684	346	38	26	0	144	0	74	0	50	8	1	5	331	0
Pina Colada	99	214	111	12	8	0	48	0	22	0	15	3	4	2	111	0
	198	429	222	25	16	0	96	0	44	0	30	6	9	5	222	0
	283	612	318	35	24	0	137	0	63	0	43	8	13	7	317	0
Pistachio	99	258	144	16	9	0	49	0	25	1	17	4	0	2	114	0
	198	516	288	32	17	0	97	0	51	1	35	7	0	3	229	0
	283	737	411	46	25	0	139	0	72	1	50	10	0	5	327	0
Praline	99	244	108	12	8	0	46	49	31	0	20	3	30	2	117	0
	198	488	216	24	16	0	93	97	63	0	40	6	61	3	233	0
	283	698	309	34	23	0	132	139	89	0	59	9	87	5	333	0
Pumpkin	99	201	98	11	7	0	42	29	23	1	16	3	1103	1	101	0
	198	403	196	22	14	0	84	59	46	2	32	5	2207	3	201	0
	283	577	280	31	20	0	120	84	65	2	46	8	3153	4	288	1
Rum	99	231	119	13	9	0	52	17	23	0	16	3	0	2	118	0
	198	463	239	27	18	0	103	34	46	0	32	6	0	4	236	0
	283	661	341	38	25	0	148	49	66	0	45	8	0	5	337	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 (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
Strawberry	99	207	108	12	8	0	46	1	22	0	15	3	2	8	108	0
	198	414	215	24	16	0	93	3	44	0	30	5	4	16	216	0
	283	593	307	34	23	0	133	4	63	1	43	8	5	23	309	0
Strawberry-Reduced Fat	99	191	83	9	6	0	39	1	23	0	23	3	394	7	106	0
	198	383	165	18	12	0	78	3	46	0	45	5	788	13	213	0
	283	547	236	26	17	0	112	4	66	1	65	8	1126	19	304	0
Sweet Cream	99	229	124	14	9	0	53	0	23	0	15	3	0	2	122	0
	198	458	248	27	18	0	107	0	46	0	30	6	0	4	240	0
	283	654	353	39	26	0	152	0	65	0	43	9	0	5	349	0
Vanilla	99	229	120	13	9	0	52	0	22	0	15	3	0	2	119	0
	198	460	240	27	18	0	104	0	45	0	30	6	0	4	238	0
	283	657	345	38	26	0	149	0	64	0	43	9	0	5	340	0
Vanilla-Reduced Fat	99	211	92	10	7	0	44	0	24	0	24	3	440	0	117	0
	198	424	185	21	13	0	88	0	47	0	47	6	880	0	235	0
	283	606	264	29	19	0	126	0	67	0	67	8	1257	0	335	0
Vanilla Bean	99	230	150	13	9	0	52	1	23	0	15	3	0	2	120	0
	198	461	241	27	18	0	104	1	45	0	30	6	0	4	239	0
	283	658	344	38	25	0	149	2	65	1	43	9	0	5	342	0
Vanilla Cinnamon	99	230	120	13	9	0	52	0	23	0	15	3	1	2	122	0
	198	460	240	27	18	0	104	0	45	0	30	6	2	4	244	0
	283	657	344	38	25	0	148	0	65	0	43	9	3	5	348	0