



Name	Serving Size Description (English)	Serving Size Weight	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (2016) (g)	Total Sugars (g)	Protein (g)
120 Milk Coconut Clusters	1 oz	28g	160	100	11	7	0	5	20	15	1	14	2
125 Dark Coconut Clusters	1 oz	28g	150	100	11	7	0	0	5	15	2	12	1
130 Milk Peanut Clusters	1 oz	28g	160	100	11	4.5	0	5	55	13	1	10	4
135 Dark Peanut Clusters	1 oz	28g	150	100	12	4.5	0	0	40	13	2	9	3
230 Grand Peppermint Square Bulk	1 Piece	113g	450	190	21	12	0	5	0	72	4	61	3
300 Chocolate Bon Bon	1 Piece	16g	70	25	3	2	0	0	10	12	0	12	0
315 Strawberry Bon Bon	1 Piece	16g	70	20	2.5	1.5	0	0	10	13	0	12	0
320 Bavarian Cream	1 Piece	16g	70	25	2.5	1.5	0	0	10	12	0	12	0
325 Milk Vanilla Buttercream	1 Piece	16g	70	25	2.5	1.5	0	5	10	13	0	12	0
330 Dark Vanilla Buttercream	1 Piece	16g	70	25	2.5	1.5	0	0	10	13	0	12	0
335 Milk Orange Cream	1 Piece	16g	70	20	2	1.5	0	0	10	13	0	12	0
340 Dark Orange Cream	1 Piece	16g	70	20	2.5	1.5	0	0	0	13	0	12	0
345 Milk Maple Cream	1 Piece	16g	70	20	2.5	1.5	0	0	10	13	0	12	0
350 Dark Maple Cream	1 Piece	16g	70	25	2.5	1.5	0	0	5	13	0	12	0
355 Milk Raspberry Cream	1 Piece	16g	70	20	2	1.5	0	0	10	13	0	12	0
360 Dark Raspberry Cream	1 Piece	16g	70	20	2	1.5	0	0	0	13	0	12	0
370 Milk Peanut Butter Smoothie	1 Piece	12g	70	40	4.5	2.5	0	0	40	7	0	6	1
375 Dark Peanut Butter Smoothie	1 Piece	12g	60	40	4.5	2.5	0	0	30	7	0	6	1
403 Mocha Truffle	1 Piece	15g	90	60	7	4.5	0	0	5	7	0	7	1
407 Almond Truffle	1 Piece	15g	90	60	7	4.5	0	0	5	7	1	6	1
413 Hazelnut Truffle	1 Piece	15g	90	60	7	4	0	0	10	7	0	7	1
419 Irish Cream Truffle	1 Piece	15g	90	60	7	4.5	0	0	10	7	0	7	1
421 Raspberry Truffle	1 Piece	15g	90	60	6	4.5	0	0	10	8	0	7	1
424 Champagne Truffle	1 Piece	15g	90	60	6	4.5	0	5	15	8	0	7	1
431 Dark Chocolate Truffle	1 Piece	15g	90	60	7	4.5	0	0	0	7	1	6	1
436 Peppermint Truffle	1 Piece	15g	90	60	6	4.5	0	0	10	8	0	7	1
439 Malt Truffle	1 Piece	15g	90	60	6	4.5	0	0	15	7	0	7	1
450 White Chocolate Pretzel	1 Piece	8g	45	20	2	1.5	0	0	25	5	0	4	1
455 Milk Chocolate Pretzels	1 Piece	8g	45	20	2	1.5	0	0	25	5	0	3	1
456 Dark Mini Pretzels	1 Piece	8g	40	20	2	1.5	0	0	20	5	0	3	0
500 Milk Pecan Tuttle	About 1 Piece	24g	130	90	10	4.5	0	5	15	11	1	8	1
505 Dark Pecan Tuttle	About 1 Piece	24g	130	90	10	4.5	0	5	10	11	1	8	1
508 Almond Toffee Crunch	1 oz	28g	160	90	11	5	0	15	55	14	1	13	2
509 Almond Toffee Bars	1 Piece	33g	180	110	12	6	0	15	65	16	1	15	2
511 Dark Almond Toffee Bar	1 Piece	33g	170	110	13	6	0	15	55	16	2	14	2

Nutritional information is calculated based on Kilwins approved recipes. Because our product offerings are handcrafted, exact information may vary. Data is calculated using ESHA Research's Genisis® R&D Software, and rounded to meet FDA regulations.



Name	Serving Size Description (English)	Serving Size Weight	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (2016) (g)	Total Sugars (g)	Protein (g)
520 Milk Caramel	1 Piece	17g	80	35	4	2.5	0	5	25	10	0	8	1
525 Dark Caramel	1 Piece	17g	70	35	4	2.5	0	5	20	10	0	7	0
530 Milk Cashew Tuttle	About 1 Piece	24g	130	70	8	3.5	0	5	40	12	0	9	2
532 Dark Cashew Tuttle	About 1 Piece	24g	120	70	8	3.5	0	5	30	12	1	8	2
536 Milk Macadamia Tuttle	About 1 Piece	24g	140	100	11	4	0	5	50	10	1	7	1
538 White Macadamia Tuttle	About 1 Piece	24g	140	100	11	4	0	5	50	10	1	8	1
540 Milk Cherry Cordial	1 Piece	18g	70	25	3	1.5	0	0	5	12	0	11	1
545 Dark Cherry Cordial	1 Piece	18g	70	25	3	1.5	0	0	0	12	1	10	0
625 Dark Orange Peel	1 oz	28g	120	50	5	3.5	0	0	0	19	1	10	1
627 Dark Lemon Peel	1 oz	28g	120	50	6	3.5	0	0	15	18	1	17	1
1110 Marzipan Fruits	3 Pieces	42g	180	50	6	0.5	0	0	0	32	3	24	2
1243 Foil Sports Balls Mesh Bag	1 Bag	43g	240	130	15	9	0	10	30	24	1	22	2
1250 Green Foil Stars	1 Piece	9g	50	30	3.5	2	0	0	5	5	0	5	1
1253 Animal Discs Bulk	1 Piece	7g	40	20	2.5	1.5	0	0	5	4	0	4	0
1254 Amino Coin Mesh Bag	1 Bag	43g	240	130	15	9	0	10	30	24	1	22	2
1255 Flower Discs Bulk	1 Piece	7g	40	20	2.5	1.5	0	0	5	4	0	4	0
4452 Milk Chocolate Rainbow Non-pareil Drops	1 oz	28g	150	70	8	4.5	0	5	15	19	0	16	1
4453 Dark Chocolate Non-Pareils	1 oz	28g	140	70	8	5	0	0	0	19	1	15	1
4507 Dark Chocolate Party Cup 0.4oz	1 Piece	13g	60	35	4	2.5	0	0	0	8	1	7	1
4508 Milk Chocolate Party Cup 0.4oz	1 Piece	13g	70	35	4	2.5	0	0	10	8	0	7	1
4509 White Chocolate Party Cup 0.4oz	1 Piece	13g	70	35	4	2.5	0	0	15	8	0	8	1
4698 Milk Chocolate Buckeye 0.8oz	1 Piece	23g	120	60	7	3	0	0	45	13	1	12	2
4699 Dark Chocolate Buckeye 0.8oz	1 Piece	23g	110	60	7	3	0	0	40	13	1	11	2
4708 Heritage Milk Chocolate by the Pound	1 oz	28g	160	90	10	6	0	5	20	16	0	15	2
4709 Heritage Dark Chocolate by the Pound	1 oz	28g	150	90	10	6	0	0	0	16	2	13	1
4710 Heritage White Chocolate by the Pound	1 oz	28g	160	90	10	6	0	5	35	17	0	16	2
43205 Milk Chocolate Cookie Bark	1 oz	28g	150	80	9	5	0	5	35	17	0	14	2
44979 Dark Chocolate Almond Bark	1 oz	28g	150	100	11	6	0	0	10	15	2	12	2
45005 Milk Chocolate Pecan Bark	1 oz	28g	160	100	11	6	0	5	20	15	1	13	2
45006 Dark Chocolate Pecan Bark	1 oz	28g	150	100	11	6	0	0	0	15	2	12	1
45007 Milk Almond Bark	1 oz	28g	160	90	10	5	0	5	30	15	1	13	2

Nutritional information is calculated based on Kilwins approved recipes. Because our product offerings are handcrafted, exact information may vary. Data is calculated using ESHA Research's Genisis® R&D Software, and rounded to meet FDA regulations.



Name	Serving Size Description (English)	Serving Size Weight	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (2016) (g)	Total Sugars (g)	Protein (g)
45008 White Almond Bark	1 oz	28g	160	90	10	5	0	5	45	16	0	14	2
45009 Kilwins 72 Dark Almond Bark	1 oz	28g	160	110	12	7	0	0	15	12	3	7	3
45010 Kilwins 72 Dark Cherry Bark	1 oz	28g	140	80	9	6	0	0	0	15	2	11	2
45232 Peanut Butter Cup Bark	1 oz	28g	150	90	10	6	0	0	55	15	1	13	2
45233 Milk Chocolate Coconut Caramel Bark	1 oz	28g	130	60	7	5	0	10	45	17	1	12	1
45234 Dark Chocolate Sea Salt Bark	1 oz	28g	140	90	10	6	0	0	220	16	2	13	1

Nutritional information is calculated based on Kilwins approved recipes. Because our product offerings are handcrafted, exact information may vary. Data is calculated using ESHA Research's Genisis ® R&D Software, and rounded to meet FDA regulations.



Name	Serving Size Description (English)	Serving Size Weight	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (2016) (g)	Total Sugars (g)	Protein (g)
1101 Milk Peanut Butter Cup 2oz	1 Piece	56g	310	190	21	11	0	10	100	28	2	25	6
1102 Dark Chocolate Peanut Butter Cup	1 Piece	56g	290	180	20	10	0	5	70	29	3	23	5
1280 Kilwins Foil Milk Squares 5 lbs	1 Piece	12g	70	35	4	2.5	0	0	10	7	0	6	1
1320 Peanut Butter Filled Dinosaur 3oz	1 Piece	84g	450	270	30	15	0	15	150	42	3	36	9
4088 Caramel Chews 1oz	1 Piece	28g	120	40	4.5	3	0	10	50	19	0	12	1
4442 Sea Salt Caramel Chew	1 Piece	28g	120	40	4.5	3	0	10	125	19	0	12	1

Nutritional information is calculated based on Kilwins approved recipes. Because our product offerings are handcrafted, exact information may vary. Data is calculated using ESHA Research's Genisis ® R&D Software, and rounded to meet FDA regulations.



Name	Serving Size Description (English)	Serving Size Weight	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (2016) (g)	Total Sugars (g)	Protein (g)
2587 Kilwins Chocolate Syrup	2 Tbsp	41g	110	5	0.5	0	0	0	0	29	1	26	1
2610 Fudge Topping	2 Tbsp	35g	130	50	5	3	0	10	50	22	1	12	1
2611 Caramel Topping 9lb Pail	2 Tbsp	35g	130	35	3.5	2	0	10	55	25	0	15	1
3025 Blue Moon Ice Cream	5 oz	142g	330	170	19	12	0	60	105	33	0	25	4
3027 Blueberry Waffle Cone Ice Cream	5 oz	142g	340	150	16	10	0	45	95	45	0	36	4
3050 Butter Pecan Ice Cream	5 oz	142g	390	240	27	12	0	50	140	31	1	24	6
3051 Cake Batter Ice Cream	5 oz	142g	370	190	21	10	0	60	150	45	0	36	4
3053 Cappuccino Chocolate Chip Ice Cream	5 oz	142g	370	190	21	15	0	70	75	40	0	31	5
3060 Chocolate Alce Cream	5 oz	142g	310	150	17	11	0	65	60	35	2	25	5
3062 Chocolate Chip Alce Cream	5 oz	142g	360	190	21	15	0	50	95	39	0	30	4
3070 Chocolate Chip Cookie Dough Ice Cream	5 oz	142g	390	180	20	14	0	65	100	46	0	35	5
3072 Chocolate Peanut Butter Ice Cream	5 oz	142g	390	230	25	11	0	55	150	33	1	23	9
3075 Cookies 'n Cream Ice Cream	5 oz	142g	370	170	19	13	0	70	125	41	0	29	5
3101 Fudgie Brownie Ice Cream	5 oz	142g	350	160	17	12	0	60	85	42	2	29	5
3103 Georgia Peach Ice Cream	5 oz	142g	300	130	15	10	0	45	95	37	0	30	4
3125 Mackinac Island Fudge Ice Cream	5 oz	142g	390	210	24	12	0	50	140	39	1	30	6
3150 Mint Chocolate Chip Ice Cream	5 oz	142g	380	190	21	16	0	70	75	40	0	31	5
3180 Kilwins' Tracks Ice Cream	5 oz	142g	420	230	25	13	0	45	150	43	1	34	6
3190 Kilwins' Mud Ice Cream	5 oz	142g	370	170	19	13	0	50	125	42	0	33	4
3200 New Orleans Praline Pecan Ice Cream	5 oz	142g	380	170	19	12	0	65	220	44	0	36	5
3225 Old Fashioned Vanilla Ice Cream	5 oz	142g	340	160	17	12	0	75	80	39	0	30	4
3255 Pistachio Ice Cream	5 oz	142g	370	210	24	12	0	50	150	36	1	24	6
3275 Strawberry Chunk Ice Cream	5 oz	142g	300	130	15	10	0	45	90	36	0	30	4
3285 Superman Ice Cream	5 oz	142g	340	170	19	13	0	80	80	35	0	27	5
3320 Toasted Coconut Ice Cream	5 oz	142g	410	220	24	17	0	70	100	40	1	31	5
3340 Traverse City Cherry Ice Cream	5 oz	142g	310	150	16	10	0	45	90	40	0	30	4
3355 Turtle Cheesecake Ice Cream	5 oz	142g	360	150	16	10	0	45	150	46	0	37	4
3674 Greek Yogurt - Raspberry	5 oz	142g	270	60	6	4.5	0	20	65	44	0	37	9
3681 NSA Caramel Ripple Ice Cream	5 oz	142g	200	60	7	4.5	0	20	150	40	6	10	6
3725 Sorbetto - Lemon	5 oz	142g	170	5	0	0	0	0	20	41	0	37	0
3745 Sorbetto - Raspberry	5 oz	142g	160	5	0	0	0	0	25	41	0	36	0
3800 Sea-Salt Caramel Ice Cream	5 oz	142g	380	170	18	13	0	65	290	48	0	40	4

Nutritional information is calculated based on Kilwins approved recipes. Because our product offerings are handcrafted, exact information may vary. Data is calculated using ESHA Research's Genisis® R&D Software, and rounded to meet FDA regulations.



Name	Serving Size Description (English)	Serving Size Weight	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (2016) (g)	Total Sugars (g)	Protein (g)
3804 Marsh-Mallow Smore Ice Cream	5 oz	142g	410	180	20	12	0	60	125	50	0	40	4
3814 Sea-Salt Chocolate Caramel Ice Cream	5 oz	142g	350	150	16	12	0	45	300	49	1	38	4
3816 Chocolate Toasted Coconut Ice Cream	5 oz	142g	370	200	22	16	0	45	95	41	4	30	6
4139 Kilwins Waffle Bowl 1.3oz	1 Bowl	37g	150	25	2.5	1	0	5	70	30	0	16	2
44804 Waffle Cone 1.3oz	1 Cone	37g	150	25	2.5	1	0	5	70	30	0	16	2

Nutritional information is calculated based on Kilwins approved recipes. Because our product offerings are handcrafted, exact information may vary. Data is calculated using ESHA Research's Genisis ® R&D Software, and rounded to meet FDA regulations.



Name	Serving Size Description (English)	Serving Size Weight	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (2016) (g)	Total Sugars (g)	Protein (g)
4001 100ct Peanut Caramel Apple 10.6oz	1 Apple	303g	600	250	28	10	0	30	160	86	3	58	9
4010 Caramel Apple 9.6oz	1 Apple	275g	440	120	14	8	0	30	160	80	0	56	2
4011 100 ct Pecan Caramel Apple 10.6oz	1 Apple	303g	630	300	34	14	0	30	160	84	3	57	5
4012 100ct Turtle Apple 11.2oz	1 Apple	320g	720	360	40	18	0	35	170	94	3	66	6
4014 100 ct Milk Striped Caramel Apple 10.2oz	1 Apple	292g	530	170	19	12	0	35	170	90	0	65	3
4015 100ct Dark Striped Caramel Apple 10.2oz	1 Apple	292g	520	180	20	12	0	35	160	90	1	64	3
4123 100ct Apple Pie Caramel Apple 11.1oz	1 Apple	318g	670	240	27	17	0	40	210	106	0	81	4
4949 100 ct Dark Pecan Turtle Apple	1 Apple	320g	720	360	40	18	0	35	160	94	4	65	6
44044 100 ct Mk M&M Caramel Apple 12.75oz	1 Apple	364g	890	340	37	23	0	50	190	138	3	109	7
47020 Almond Toffee Caramel Apple 10.85oz	1 Apple	310g	630	240	27	15	0.5	50	230	98	1	73	4
47025 100ct Sea-Salt Milk Caramel Apple 11.1oz	1 Apple	315g	650	240	27	17	0	40	1310	102	1	77	5
47026 100ct Sea-Salt Dark Caramel Apple 11.1oz	1 Apple	315g	640	250	28	17	0	35	1280	102	2	74	4
47058 100ct Milk Stripe Peanut Caramel Apple 11.2oz	1 Apple	320g	700	300	34	14	0	35	170	96	3	66	10
47075 100ct Sprinkled Wht Chocolate Topper Apple 11.2oz	1 Apple	320g	680	240	27	17	0	40	210	109	0	83	4
47076 100ct Wht Chocolate Topper Apple 11oz	1 Apple	316g	660	240	27	17	0	40	210	105	0	80	4
47079 100ct Sprinkled Mk Chocolate Topper Apple 11.2oz	1 Apple	317g	670	240	27	17	0	40	190	107	1	81	5
47080 100ct Mk Chocolate Topper Apple 11oz	1 Apple	316g	660	250	27	17	0	40	190	104	1	78	5
47091 100ct Sprinkled Dk Chocolate Topper Apple 11.2oz	1 Apple	317g	660	250	28	17	0	35	160	108	2	79	4
47092 100ct Dk Chocolate Topper Apple 11oz	1 Apple	313g	640	250	28	17	0	35	160	104	2	76	4

Nutritional information is calculated based on Kilwins approved recipes. Because our product offerings are handcrafted, exact information may vary. Data is calculated using ESHA Research's Genisis ® R&D Software, and rounded to meet FDA regulations.



Name	Serving Size Description (English)	Serving Size Weight	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (2016) (g)	Total Sugars (g)	Protein (g)
4126 Waffle Bowl - Single 6.3 oz	1 Serving	179g	490	180	20	13	0.5	80	150	69	0	46	5
4127 Waffle Bowl - Double 10.3oz	1 Serving	292g	760	310	34	22	1	135	210	100	0	70	9
4137 Kids Dish	1 Serving	85g	200	90	10	7	0	45	45	23		18	2
4142 Kid Cake Cone	1 Serving	92g	230	90	10	7	0	45	55	29	0	18	3
4143 Waffle Cone - Single 6.3oz	1 Serving	179g	490	180	20	13	0.5	80	150	69	0	46	5
4144 Waffle Cone - Double 10.3oz	1 Serving	292g	760	310	34	22	1	135	210	100	0	70	9
4145 Cake Cone - Single	1 cone	149g	370	160	17	12	0	75	90	45	0	30	5
4146 Cake Cone - Double	1 cone	262g	640	280	31	21	1	130	150	76	0	54	8
4147 Dish - Single 5oz	1 Dish	142g	340	160	17	12	0	75	80	39	0	30	4
4148 Dish - Double 9oz	1 Dish	255g	610	280	31	21	1	130	140	70	0	54	7
4150 Lemonade	1 Lemonade	488g	210	0	0	0	0	0	20	56	0	53	0
4152 Orangeade	1 Orangeade	519g	220	5	0	0	0	0	20	56	0	53	1
4153 Sunrise Kooler	1 Kooler	680g	490	10	1	1	0	0	80	123	0	111	0
4154 Sunset Kooler	1 Kooler	680g	480	5	1	0.5	0	0	85	123	1	107	0
4157 Chocolate Milkshake	20 fl oz	563g	1190	420	46	29	1	175	220	179	4	151	14
4158 Strawberry Milkshake	20 fl oz	537g	1040	400	45	28	1	175	220	140	1	121	12
4159 Vanilla Milkshake	20 fl oz	537g	1040	400	45	28	1	175	220	140	1	121	12
4160 Orange Creamsicle Float	1 float	496g	500	160	17	12	0	75	130	83	0	74	4
4162 Chocolate Malt	20 fl oz	586g	1280	420	47	30	1	180	290	197	4	167	16
4163 Strawberry Malt	20 fl oz	560g	1130	410	46	29	1	180	290	158	1	137	14
4164 Vanilla Malt	20 fl oz	560g	1130	410	46	29	1	180	290	158	1	137	14
4166 Root Beer Float	1 Float	497g	510	160	17	12	0	75	140	83	0	74	4
4168 Chocolate Soda	1 Soda	552g	620	190	21	14	0	80	190	101	3	86	8
4169 Strawberry Soda	1 Soda	535g	520	180	20	13	0	80	190	75	0	66	7
4170 Vanilla Soda	1 Soda	535g	520	180	20	13	0	80	190	75	0	66	7
4172 Hot Fudge Sundae 7.7 oz	1 Sundae	219g	610	260	29	18	0.5	95	160	80	1	55	6
4173 Hot Caramel Sundae 7.7 oz	1 Sundae	219g	610	240	26	17	0.5	100	170	84	0	59	5
4174 Chocolate Sundae 7.7 oz	1 Sundae	219g	550	190	21	13	0	80	85	84	2	71	5
4176 Turtle Sundae 13.5 oz	1 Sundae	383g	1270	570	63	32	1	140	340	166	4	106	12
4177 Dusty Miller Sundae 12 oz	1 Sundae	338g	920	270	30	19	0.5	110	210	155	3	121	10
4178 Tin Roof Sundae 13.3oz	1 Sundae	383g	1200	520	58	22	0.5	110	420	157	9	113	24
41530 Sunburst Kooler	1 Kooler	680g	490	10	1	0.5	0	0	80	123	1	109	0
45890 Bulk Hot Chocolate	1 Cup	322g	550	320	36	21	0	30	105	56	5	48	11
45901 Hot Chocolate 12oz	12 fl oz	257g	460	270	30	18	0	30	80	46	4	39	8
45902 Hot Chocolate 16oz	16 fl oz	339g	610	360	40	23	0	40	105	61	5	52	11

Nutritional information is calculated based on Kilwins approved recipes. Because our product offerings are handcrafted, exact information may vary. Data is calculated using ESHA Research's Genisis® R&D Software, and rounded to meet FDA regulations.



Name	Serving Size Description (English)	Serving Size Weight	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (2016) (g)	Total Sugars (g)	Protein (g)
45905 Brewed Coffee 12oz	12 fl oz		0	0	0	0	0	0	5	0	0	0	0
45906 Brewed Coffee 16oz	16 fl oz		0	0	0	0	0	0	10	0	0	0	1

Nutritional information is calculated based on Kilwins approved recipes. Because our product offerings are handcrafted, exact information may vary. Data is calculated using ESHA Research's Genisis ® R&D Software, and rounded to meet FDA regulations.



Name	Serving Size Description (English)	Serving Size Weight	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (2016) (g)	Total Sugars (g)	Protein (g)
40048 Milk Pecan Snapper 5oz	1 Piece	142g	780	530	59	24	0	25	125	62	6	42	8
40049 Kilwins Milk Chocolate Cashew Bear Claw 5oz	1 Piece	142g	710	410	45	16	0	25	300	71	2	43	12
41003 Dark Chocolate Cashew Kilwins Bear Claw 5 oz	1 Piece	142g	700	410	46	16	0	25	270	71	4	41	12
41004 Dark Chocolate Pecan Snapper 5oz	1 Piece	142g	770	530	59	24	0	25	105	62	7	40	7
41160 White and Dark Striped Milk Twinkie 3oz	1 Piece	84g	390	180	20	12	0	25	220	49	1	40	4
44933 Milk Striped Milk Graham Cracker	1 Piece	33g	170	90	10	5	0	5	55	20	1	15	2
44934 Dark Striped Dark Graham 1.15oz	1 Piece	33g	160	90	10	5	0	0	35	20	2	14	2
44944 Peanut Chip Milk Chocolate Nutter Butter 1.1oz	1 Piece	31g	160	70	8	4.5	0	5	70	19	1	13	2
45080 Milk Crab Claw 1.25oz	1 Piece	35g	170	80	9	7	0	10	50	21	1	15	1
45081 Dark Crab Claw 1.25oz	1 Piece	35g	170	80	9	7	0	10	45	21	1	15	1

Nutritional information is calculated based on Kilwins approved recipes. Because our product offerings are handcrafted, exact information may vary. Data is calculated using ESHA Research's Genisis ® R&D Software, and rounded to meet FDA regulations.



Name	Serving Size Description (English)	Serving Size Weight	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (2016) (g)	Total Sugars (g)	Protein (g)
4060 Mk Striped Mk Cherry .75oz	1 Piece	15g	60	25	3	2	0	0	5	8	0	7	1
4061 White Striped White Cherry	1 Piece	15g	60	25	3	1.5	0	0	10	8	0	7	1
40101 White Striped White Chocolate Strawberry	1 Piece	42g	80	35	4	2.5	0	5	15	9	1	8	1
40102 Milk Chocolate Strawberry	1 Piece	42g	80	40	4.5	2.5	0	0	10	9	1	8	1
40103 Dark Striped Dark Chocolate Strawberry	1 Piece	42g	70	40	4.5	2.5	0	0	0	9	1	7	1

Nutritional information is calculated based on Kilwins approved recipes. Because our product offerings are handcrafted, exact information may vary. Data is calculated using ESHA Research's Genisis ® R&D Software, and rounded to meet FDA regulations.



Name	Serving Size Description (English)	Serving Size Weight	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (2016) (g)	Total Sugars (g)	Protein (g)
4020 Sprinkled Dark Pretzel Rod 0.8oz	1 Piece	25g	120	50	5	3	0	0	30	17	1	8	2
4021 Sprinkled Milk Pretzel Rod 0.8oz	1 Piece	25g	120	50	5	3	0	5	40	17	1	8	2
4022 Pecan Turtle Pretzel Rod 2.6oz	1 Piece	75g	410	270	30	11	0	10	80	34	4	17	5
4023 Milk Striped Caramel Pretzel Rod 1.5oz	1 Piece	44g	190	70	7	4.5	0	10	80	30	0	16	2
4024 Pecan Caramel Rod 2.3oz	1 Piece	67g	360	240	27	9	0	10	75	29	3	13	4
4247 White Striped White Pretzel Rod 1oz	1 Piece	30g	150	60	7	4	0	5	55	20	0	12	2
4254 Sprinkled White Pretzel Rod 0.8oz	1 Piece	25g	120	45	5	3	0	5	45	17	0	9	2
4255 Milk Striped Milk Pretzel Rod	1 Piece	30g	150	70	7	4	0	5	45	19	1	11	2
4256 Dark Striped Dark Pretzel Rod 1oz	1 Piece	30g	140	70	8	4.5	0	0	30	19	2	10	2
41000 Caramel Pretzel Rod 1.2 oz	1 Piece	36g	150	40	4.5	2.5	0	10	75	25	0	11	1
45027 Milk Striped Milk 1/2 Pretzel Rod .5oz	1 Piece	15g	80	35	3.5	2	0	0	20	10	0	5	1
45028 White Striped White 1/2 Pretzel Rod .5oz	1 Piece	15g	80	30	3.5	2	0	0	25	10	0	6	1
45029 Sprinkled White Chocolate Short Pretzel Rod 0.5 oz	1 Piece	13g	60	25	2.5	1.5	0	0	25	9	0	5	1
45033 Sprinkled Dark Chocolate Short Pretzel Rod Topper	1 Piece	14g	60	25	2.5	1.5	0	0	15	10	1	5	1

Nutritional information is calculated based on Kilwins approved recipes. Because our product offerings are handcrafted, exact information may vary. Data is calculated using ESHA Research's Genisis® R&D Software, and rounded to meet FDA regulations.



Name	Serving Size Description (English)	Serving Size Weight	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (2016) (g)	Total Sugars (g)	Protein (g)
4026 Sprinkled Milk Krispie 2.9oz	1 Piece	83g	420	180	20	11	0	10	180	55	1	39	4
4029 Pecan Caramel Krispie 5.65oz	1 Piece	160g	840	540	60	21	0	25	270	75	7	41	8
4038 Caramel Krispie 3.35oz	1 Piece	95g	400	120	13	7	0	25	270	66	0	38	2
4039 Milk Striped Milk Chocolate Krispie 3.3oz	1 Piece	94g	480	220	25	14	0	10	190	59	1	43	4
4040 Dark Striped Dark Chocolate Krispie 3.3oz	1 Piece	94g	450	230	26	14	0	5	150	59	4	40	4
4042 Milk Striped Caramel Krispie 3.65oz	1 Piece	103g	440	150	16	9	0	25	270	71	0	43	3
4043 Pecan Turtle Kripsie 5.95oz	1 Piece	169g	890	560	63	23	0	25	270	80	7	45	8
4214 Sprinkled Dark Chocolate Krispie 2.9oz	1 Piece	83g	390	180	21	11	0	5	150	55	3	36	3
4228 Sprinkled White Chocolate Krispie 2.9oz	1 Piece	83g	420	180	19	11	0	10	210	56	0	41	3

Nutritional information is calculated based on Kilwins approved recipes. Because our product offerings are handcrafted, exact information may vary. Data is calculated using ESHA Research's Genisis ® R&D Software, and rounded to meet FDA regulations.



Name	Serving Size Description (English)	Serving Size Weight	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (2016) (g)	Total Sugars (g)	Protein (g)
40300 Milk Bunny Tails 1.5oz	1 Piece	43g	220	110	12	4.5	0	5	80	25	1	21	4
40301 Dark Bunny Tails	1 Piece	43g	210	110	12	4.5	0	0	70	25	2	20	4
40302 White Bunny Tails	1 Piece	43g	220	110	12	4.5	0	5	85	25	1	22	4

Nutritional information is calculated based on Kilwins approved recipes. Because our product offerings are handcrafted, exact information may vary. Data is calculated using ESHA Research's Genisis ® R&D Software, and rounded to meet FDA regulations.



Name	Serving Size Description (English)	Serving Size Weight	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (2016) (g)	Total Sugars (g)	Protein (g)
------	------------------------------------	---------------------	-----------------	--------------------------	---------	-------------------	----------------------	------------------	-------------	-------------------	--------------------------	------------------	-------------



Name	Serving Size Description (English)	Serving Size Weight	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (2016) (g)	Total Sugars (g)	Protein (g)
4048 Dark Striped Dark Chocolate Cookie 1.1oz	1 Piece	32g	160	90	10	4.5	0	0	45	20	1	14	1
4049 Milk Striped Milk Chocolate Cookie 1.1oz	1 Piece	32g	160	80	9	4.5	0	5	60	20	0	15	1
4051 Sprinkled Milk Cookie 1oz	1 Piece	29g	150	80	8	4	0	5	55	19	0	14	1
4052 Sprinkled Dark Cookie 1oz	1 Piece	29g	140	80	9	4	0	0	45	19	1	13	1
4053 Coconut Dark Cookie 1.1oz	1 Piece	32g	160	80	9	4.5	0	0	50	20	1	14	1
4086 White Striped White Cookie 1.1oz	1 Piece	32g	160	80	9	4.5	0	5	65	21	0	16	1
4087 Sprinkled White Cookie 1oz	1 Piece	29g	150	70	8	4	0	5	60	19	0	15	1
4099 Milk Specialty Cookie 1oz	1 Piece	31g	160	80	8	4	0	5	55	21	0	16	1
4107 Dark Specialty Cookie 1oz	1 Piece	31g	150	80	9	4	0	0	45	21	1	15	1
4108 White Specialty Cookie 1oz	1 Piece	31g	160	70	8	4	0	5	65	21	0	16	1
43045 Dark Sea Salt Caramel Cookie	1 Cookie	46g	210	100	11	6	0	5	370	30	1	20	1
43046 Milk Chocolate Sea-Salt Caramel Cookie	1 Cookie	46g	220	100	11	6	0	10	390	30	0	21	2
45151 Dark Mint Cookie 1.1oz	1 Cookie	32g	160	90	10	4.5	0	0	45	20	1	15	1

Nutritional information is calculated based on Kilwins approved recipes. Because our product offerings are handcrafted, exact information may vary. Data is calculated using ESHA Research's Genisis® R&D Software, and rounded to meet FDA regulations.



Name	Serving Size Description (English)	Serving Size Weight	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (2016) (g)	Total Sugars (g)	Protein (g)
4090 Milk Striped Milk Twist 1oz	1 Piece	30g	150	70	7	4	0	5	55	19	1	11	2
4091 Dark Striped Dark Pretzel Twist 1oz	1 Piece	30g	140	70	7	4.5	0	0	40	19	2	9	2
4092 White Striped White Chocolate Twist 1oz	1 Piece	30g	150	60	7	4	0	5	65	20	0	11	2
4190 Sprinkled Milk Pretzel Twist 0.8oz	1 Piece	25g	120	45	5	3	0	5	50	17	1	8	2
4192 Sprinkled Dark Pretzel Twist 0.8oz	1 Piece	25g	110	50	5	3	0	0	40	17	1	7	2
4194 Sprinkled White Pretzel Twist 0.8oz	1 Piece	25g	120	45	5	3	0	5	60	17	0	9	2

Nutritional information is calculated based on Kilwins approved recipes. Because our product offerings are handcrafted, exact information may vary. Data is calculated using ESHA Research's Genisis ® R&D Software, and rounded to meet FDA regulations.



Name	Serving Size Description (English)	Serving Size Weight	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (2016) (g)	Total Sugars (g)	Protein (g)
4124 White Striped Milk Shortbread 1.1oz	1 Piece	30g	170	80	9	6	0	20	80	19	0	10	2
4234 Dark Striped Dark Shortbread 1.1oz	1 Piece	30g	160	80	9	6	0	15	70	19	1	9	2
4703 Tonga Milk Shortbread 2oz	1 Piece	56g	280	130	14	10	0	25	120	35	1	21	2
4704 Tonga Dark Shortbread 2oz	1 Piece	56g	280	130	14	10	0	25	115	35	1	20	2

Nutritional information is calculated based on Kilwins approved recipes. Because our product offerings are handcrafted, exact information may vary. Data is calculated using ESHA Research's Genisis ® R&D Software, and rounded to meet FDA regulations.



Name	Serving Size Description (English)	Serving Size Weight	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (2016) (g)	Total Sugars (g)	Protein (g)
41505 White Striped Milk Chocolate Smore	1 Piece	99g	470	180	20	11	0	10	210	67	2	46	5
45501 Milk Striped Milk Kilwins Marshmallow 3.15oz	1 Piece	89g	400	160	17	11	0	10	90	60	1	49	4
45502 Dark Striped Dark Marsh-Mallow 3.15oz	1 Piece	89g	380	160	18	11	0	5	55	60	3	46	3
45503 White Striped White Marsh-Mallow 3.15oz	1 Piece	89g	400	150	17	10	0	10	115	61	0	51	4
45504 Sprinkled Milk Marsh-Mallow 2.75oz	1 Piece	76g	330	110	12	8	0	5	80	52	1	42	3
45505 Sprinkled Dark Chocolate Marsh-Mallow 2.75oz	1 Piece	76g	310	110	13	8	0	5	50	52	2	40	3
45506 Sprinkled White Marsh-Mallow 2.75oz	1 Piece	76g	330	110	12	7	0	10	95	53	0	44	3
45507 Milk Striped Caramel Marsh-Mallow 3.7oz	1 Piece	105g	410	110	13	8	0	20	160	74	0	53	3
45508 Milk Pecan Turtle Marsh-Mallow 5.6oz	1 Piece	159g	780	460	51	19	0	20	160	81	6	55	7
45544 Caramel Toasted Coconut Marsh-Mallow 3.8oz	1 Piece	108g	440	140	16	12	0	20	170	73	2	51	3
45546 Milk Coconut Turtle Marsh-Mallow 4.2oz	1 Piece	119g	500	180	20	14	0	20	180	80	2	57	3
45548 Dark Coconut Turtle Marsh-Mallow 4.2oz	1 Piece	119g	500	180	20	14	0	20	170	80	2	56	3
45575 Milk Sea Salt Caramel Marsh-Mallow 4oz	1 Piece	111g	440	130	15	9	0	25	460	77	0	56	3
45577 Dark Sea Salt Caramel Marsh-Mallow 4oz	1 Piece	114g	440	130	15	9	0	20	1560	77	1	55	3

Nutritional information is calculated based on Kilwins approved recipes. Because our product offerings are handcrafted, exact information may vary. Data is calculated using ESHA Research's Genisis® R&D Software, and rounded to meet FDA regulations.



Name	Serving Size Description (English)	Serving Size Weight	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (2016) (g)	Total Sugars (g)	Protein (g)
4350 Chocolate Fudge	1 oz	28g	110	30	3.5	2	0	5	25	21	0	19	0
4351 Double-Dark Chocolate Fudge	1 oz	28g	110	35	4	2.5	0	5	25	20	0	18	0
4354 Chocolate Caramel Cashew Fudge	1 oz	28g	110	35	4	2	0	5	30	20	0	17	0
4356 Chocolate Cherry Walnut Fudge	1 oz	28g	110	35	3.5	2	0	5	25	20	0	18	0
4358 Chocolate English Walnut Fudge	1 oz	28g	120	45	5	2	0	5	25	19	0	17	1
4360 Chocolate Mint Fudge	1 oz	28g	110	30	3.5	2	0	5	25	21	0	19	0
4362 Chocolate Peanut Butter Fudge	1 oz	28g	110	40	4.5	2	0	5	50	19	0	17	1
4365 Cherry Cordial Fudge	1 oz	28g	110	30	3.5	2	0	5	35	22	0	20	0
4366 Chocolate Raspberry Fudge	1 oz	28g	110	30	3.5	2	0	5	25	21	0	19	0
4368 Butter Pecan Fudge	1 oz	28g	110	40	4.5	2	0	5	35	19	0	18	0
4372 Cookies n Cream Fudge	1 oz	28g	110	25	3	1.5	0	5	45	21	0	20	0
4374 German Chocolate Fudge	1 oz	28g	120	45	5	2.5	0	5	25	19	0	17	1
4376 Maple Walnut Fudge	1 oz	28g	110	40	4.5	1.5	0	5	40	19	0	18	0
4378 Mint Chocolate Chip Fudge	1 oz	28g	110	30	3.5	2	0	5	35	21	0	19	0
4379 Toasted Coconut Chocolate Chunk Fudge	1 oz	28g	110	35	4	3	0	5	35	20	0	18	0
4380 Peanut Butter Fudge	1 oz	28g	110	40	4	1.5	0	5	55	19	0	17	1
4381 Maple Fudge	1 oz	28g	110	25	2.5	1.5	0	5	45	21	0	20	0
4384 Peppermint Stick Fudge	1 oz	28g	100	20	2.5	1.5	0	5	35	22	0	20	0
4394 Turtle Fudge	1 oz	28g	110	40	4	2.5	0	5	30	19	0	17	0
43000 Kilwins Mud Fudge	1 oz	28g	110	30	3.5	2	0	5	30	20	0	19	0
43001 French Silk Fudge	1 oz	28g	110	35	3.5	2.5	0	5	25	20	0	19	0
43008 Sea-Salt Double-Dark Caramel Fudge	1 oz	28g	110	35	4	2.5	0	5	75	20	0	17	0
43016 Peanut Butter Chocolate Chunk Gem Fudge	1 oz	28g	110	35	4	2	0	5	50	19	0	17	1
43029 Sea-Salt Vanilla Caramel Fudge	1 oz	28g	110	30	3.5	2	0	5	95	20	0	19	0
43030 Sea-Salt Chocolate Caramel Fudge	1 oz	28g	110	30	3.5	2	0	5	80	20	0	18	0
43032 Nutcracker Sweet Fudge	1 oz	28g	110	30	3.5	2	0	5	55	20	0	18	0
43034 Chocolate Raspberry Truffle Fudge	1 oz	28g	110	35	4	2.5	0	5	25	20	0	18	0
43038 Strawberry Chocolate Chunk Fudge	1 oz	28g	110	30	3.5	2	0	5	35	21	0	19	0
43064 Heavenly Hash Fudge	1 oz	28g	110	35	4	2	0	5	25	20	0	18	0

Nutritional information is calculated based on Kilwins approved recipes. Because our product offerings are handcrafted, exact information may vary. Data is calculated using ESHA Research's Genisis® R&D Software, and rounded to meet FDA regulations.



Name	Serving Size Description (English)	Serving Size Weight	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (2016) (g)	Total Sugars (g)	Protein (g)