



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)
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
390 Milk Chocolate Cream	1 Piece	16g	70	25	2.5	1.5	0	0	5	12	0	12	0
395 Dark Chocolate Cream	1 Piece	16g	70	25	2.5	1.5	0	0	0	12	0	11	0
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
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
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
550 Dark Coconut Macaroon	1 Piece	20g	100	60	7	5	0	0	0	11	1	9	1
585 Peppermint Pattie	1 Piece	10g	40	15	2	1	0	0	0	6	0	5	0
625 Dark Orange Peel	1 oz	28g	120	50	5	3.5	0	0	0	19	1	10	1
636 Dark Raspberry Jellies	1 Piece	20g	90	25	3	2	0	0	0	16	1	13	0
1110 Marzipan Fruits	3 Pieces	42g	180	50	6	0.5	0	0	0	32	3	24	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)
4451 White Chocolate Painbow Non-Pareil Drops	1 oz	28g	150	70	7	4.5	0	5	25	19	0	17	1
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
44959 Milk Chocolate Peanut Butter Fudge Cup 1.25oz	1 Piece	35g	190	100	11	6	0	5	35	21	1	19	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)
1036 Kilwins Stamped Milk Chocolate Gold Coins	1 Piece	6g	35	20	2	1	0	0	0	3	0	3	0
1101 Milk Peanut Butter Cup 2oz	1 Piece	56g	310	190	21	11	0	10	100	28	2	25	6
4088 Caramel Chews 1oz	1 Piece	28g	120	40	4.5	3	0	10	50	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)
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
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
4140 Kilwins Caramel Topping	2 Tbsp	42g	160	45	5	3	0	15	80	28	0	18	1
4141 Kilwins Fudge Topping	2 Tbsp	40g	160	60	7	4	0	15	65	24	0	15	1
4682 Dark Chocolate Waffle Cone	1 Cone	60g	270	100	11	6	0	5	70	43	1	27	3
4683 Dark Chocolate Waffle Cone - Single	1 Cone	201g	610	250	28	18	0.5	80	150	82	1	57	7

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)
4684 Dark Chocolate Waffle Cone - Double	1 Cone	315g	880	380	42	27	1	135	210	113	1	81	10
4685 Sprinkled Dk Choc Waffle Cone	1 Cone	62g	280	100	11	6	0	5	70	46	1	29	3
4686 Sprinkled Dark Chocolate Waffle Cone - Single	1 Cone	204g	620	250	28	18	0.5	80	150	84	1	59	7
4687 Sprinkled Dark Chocolate Waffle Cone - Double	1 Cone	317g	890	380	42	27	1	135	210	116	1	83	10
4688 White Chocolate Waffle Cone	1 Cone	60g	280	90	10	6	0	10	100	44	0	29	3
4689 White Chocolate Waffle Cone - Single	1 Cone	201g	620	250	28	17	0.5	80	180	83	0	59	7
4690 White Chocolate Waffle Cone - Double	1 Cone	315g	890	370	42	27	1	140	240	114	0	83	10
4691 Sprinkled Wht Choc Waffle Cone	1 Cone	62g	290	90	10	6	0	10	100	46	0	31	3
4692 Sprinkled White Choc Waffle Cone - Single	1 Cone	204g	630	250	28	18	0.5	80	180	85	0	61	7
4693 Sprinkled White Choc Waffle Cone - Double	1 Cone	317g	900	380	42	27	1	140	240	116	0	85	10

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
4004 88ct Caramel Apple 10.6oz	1 Apple	309g	480	130	15	9	0	35	170	89	0	63	2
4005 Pecan Caramel Apple 12oz	1 Apple	344g	720	360	40	17	0	35	170	94	4	64	6
4007 88ct Turtle Caramel Apple 12.45oz	1 Apple	361g	820	410	46	20	0	40	190	104	4	73	7
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
4013 Dunked Turtle Apple 14.85oz	1 Apple	424g	1310	700	78	40	0.5	55	240	149	5	117	12
4066 88 ct Milk Striped Caramel Apple 11.2oz	1 Apple	326g	580	190	21	13	0	40	190	99	0	72	3
4067 88ct Peanut Caramel Apple 11.7oz	1 Apple	340g	670	270	30	11	0	35	180	96	3	64	10
4123 100ct Apple Pie Caramel Apple 11.1oz	1 Apple	318g	670	240	27	17	0	40	210	106	0	81	4
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
47077 88ct Sprinkled Wht Chocolate Topper Apple 12.5oz	1 Apple	357g	740	260	29	18	0.5	45	230	120	0	91	5
47078 88ct Wht Chocolate Topper Apple 12.3oz	1 Apple	353g	720	260	29	18	0.5	45	230	116	0	88	5
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
47081 88ct Sprinkled Mk Chocolate Topper Apple 12.5oz	1 Apple	357g	740	270	30	18	0.5	45	210	119	1	89	5
47082 88ct Mk Chocolate Topper Apple 12.3oz	1 Apple	353g	720	270	30	18	0.5	45	210	115	1	86	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
47093 88ct Sprinkled Dk Chocolate Topper Apple 12.5oz	1 Apple	357g	720	270	30	18	0	40	180	119	3	87	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)
47094 88ct Dk Chocolate Topper Apple 12.3oz	1 Apple	353g	710	270	30	18	0	40	180	115	3	84	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
4128 Milk Chocolate Waffle Cone - Single 7.1oz	1 Serving	201g	620	250	28	18	0.5	80	160	82	0	58	7
4129 Milk Chocolate Waffle Cone - Double 11.1oz	1 Serving	315g	890	380	42	27	1	140	230	113	0	82	10
4130 Sprinkled Milk Chocolate Waffle Cone - Single 7.1oz	1 Serving	204g	630	250	28	18	0.5	80	170	84	0	60	7
4131 Sprinkled Milk Chocolate Waffle Cone - Double 11.2oz	1 Serving	317g	900	380	42	27	1	140	230	115	0	84	10
4132 Pecan Milk Chocolate Waffle Cone - Single 8.1oz	1 Serving	230g	810	430	48	24	0.5	80	160	86	3	59	9
4133 Pecan Milk Chocolate Waffle Cone - Double 12.1oz	1 Serving	343g	1080	560	62	33	1	140	230	117	3	83	12
4137 Kids Dish	1 Serving	85g	200	90	10	7	0	45	45	23		18	2
4138 Kid Sugar Cone	1 Serving	100g	260	90	10	7	0	45	65	36	0	22	3
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
4149 Sugar Cone - Single	1 cone	157g	400	160	17	12	0	75	100	52	0	34	5
4150 Lemonade	1 Lemonade	488g	210	0	0	0	0	0	20	56	0	53	0
4151 Limeade	1 Limeade	518g	220	0	0	0	0	0	20	59	0	54	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
4156 Black Cherry Milkshake	20 fl oz	537g	1050	400	45	28	1	175	210	140	0	122	12
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
4161 Black Cherry Malt	20 fl oz	560g	1140	410	46	29	1	180	280	158	0	138	14
4162 Chocolate Malt	20 fl oz	586g	1280	420	47	30	1	180	290	197	4	167	16

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)
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
4167 Black Cherry Soda	1 Soda	535g	530	180	20	13	0	80	180	75	0	66	7
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
44984 Strawberry Lemonade	1 Drink	572g	280	0	0	0	0	0	30	72	0	69	0
44985 Cherry Limeade	1 Drink	602g	290	0	0	0	0	0	25	75	0	70	0
45892 Bulk Hot Chocolate with Non Fat Milk	1 Cup	322g	480	250	28	17	0	10	105	56	5	48	12
45933 Hot Spiced Cider 12oz	12 fl oz	266g	220	0	0	0	0	0	25	55	0	51	0
45934 Hot Spiced Cider 16oz	16 fl oz	399g	330	0	0	0	0	0	40	82	0	76	0
45935 Hot Caramel Apple Cider 12oz	12 fl oz	276g	300	60	7	3.5	0	20	80	58	0	44	1
45936 Hot Caramel Apple Cider 16oz	16 fl oz	408g	420	70	8	4.5	0	25	120	85	0	65	1
45988 Iced Coffee 20oz	20 fl oz		80	20	2	1	0	5	30	13	0	13	2
46001 Drinking Chocolate with Nonfat Milk 4 oz	4 fl oz	91g	220	130	14	8	0	10	20	23	2	20	3
46002 Hot Chocolate with Nonfat Milk 12 oz	12 fl oz	257g	410	220	24	14	0	15	80	46	4	40	9
46003 Hot Chocolate with Nonfat Milk 16 oz	16 fl oz	340g	540	290	32	19	0	20	105	61	5	52	12
46004 Flavored Hot Chocolate with Nonfat Milk 12 oz	12 fl oz	256g	470	220	24	14	0	15	65	63	4	57	8
46005 Flavored Hot Chocolate with Nonfat Milk 16 oz	16 fl oz	349g	630	290	32	19	0	20	90	84	5	76	11
46006 Mocha with Nonfat Milk 12 oz	12 fl oz		270	130	14	8	0	15	85	31	2	26	8
46007 Mocha with Nonfat Milk 16 oz	16 fl oz		380	180	19	11	0	15	130	44	3	37	12

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)
46008 Flavored Mocha with Nonfat Milk 12 oz	12 fl oz		330	130	14	8	0	15	75	48	2	43	7
46009 Flavored Mocha with Nonfat Milk 16 oz	16 fl oz		460	170	19	11	0	15	115	67	3	61	10
46010 Latte with Nonfat Milk 12 oz	12 fl oz		80	0	0	0	0	5	95	11	0	11	7
46011 Latte with Nonfat Milk 16 oz	16 fl oz		110	5	0	0	0	5	135	16	0	15	10
46012 Flavored Latte with Nonfat Milk 12 oz	12 fl oz		150	0	0	0	0	5	95	29	0	29	7
46013 Flavored Latte with Nonfat Milk 16 oz	16 fl oz		210	5	0	0	0	5	135	41	0	40	10
46014 Caramel Latte with Nonfat Milk 12 oz	12 fl oz		230	35	4	2.5	0	15	160	40	0	29	8
46015 Caramel Latte with Nonfat Milk 16 oz	16 fl oz		330	50	6	3.5	0	25	230	57	0	41	11
46016 Cappuccino with Nonfat Milk 12 oz	12 fl oz		80	0	0	0	0	5	95	11	0	11	7
46017 Cappuccino with Nonfat Milk 16 oz	16 fl oz		110	5	0	0	0	5	135	16	0	15	10
46018 Flavored Cappuccino with Nonfat Milk 12 oz	12 fl oz		140	0	0	0	0	5	80	28	0	27	6
46019 Flavored Cappuccino with Nonfat Milk 16 oz	16 fl oz		200	5	0	0	0	5	125	39	0	38	9
46020 Iced Mocha with Nonfat Milk	20 fl oz		270	50	6	2	0	15	130	47	0	45	9
46021 Iced Latte with Nonfat Milk	20 fl oz		120	30	3	1.5	0	15	110	14	0	13	7
46022 Iced Flavored Latte with Nonfat Milk	20 fl oz		260	30	3	1.5	0	10	95	50	0	49	6
46023 Iced Caramel Latte with Nonfat Milk	20 fl oz		310	80	9	5	0	30	180	50	0	35	7
46026 Chai Latte with Nonfat Milk 12 oz	12 fl oz	254g	170	0	0	0	0	5	90	35	0	35	7
46027 Chai Latte with Nonfat Milk 16 oz	16 fl oz	356g	230	0	0	0	0	5	130	46	0	46	10
46028 SSC Hot Chocolate with Nonfat Milk 12 oz	12 fl oz	284g	490	210	23	13	0	25	440	66	3	51	9
46031 SSC Hot Chocolate with Nonfat Milk 16 oz	16 fl oz	384g	680	290	33	19	0	35	490	94	4	72	12
46032 Iced Drinking Chocolate with Nonfat Milk	20 fl oz	465g	340	180	20	12	0	5	75	40	4	34	8
46035 Iced Coffee with Nonfat Milk	20 fl oz		60	0	0	0	0	0	30	13	0	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)
46036 Bulk Hot Chocolate with Soy Milk	1 Cup	323g	530	290	32	17	0	5	125	60	5	46	12
46038 Drinking Chocolate with Soy Milk 4 oz	4 fl oz	91g	230	130	15	8	0	10	25	23	2	19	3
46039 Hot Chocolate with Soy Milk 12 oz	12 fl oz	257g	450	250	27	15	0	15	95	48	4	38	9
46040 Hot Chocolate with Soy Milk 16 oz	16 fl oz	340g	590	320	36	19	0	15	125	64	5	50	12
46041 Flavored Hot Chocolate with Soy Milk 12 oz	12 fl oz	256g	500	240	27	15	0	15	80	65	4	55	8
46042 Flavored Milk Chocolate with Soy Milk 16 oz	16 fl oz	349g	670	320	36	19	0	15	110	87	5	74	11
46043 Mocha with Soy Milk 12 oz	12 fl oz		310	160	17	9	0	10	100	33	2	25	7
46044 Mocha with Soy Milk 16 oz	16 fl oz		430	220	24	12	0	10	150	47	3	35	11
46045 Flavored Mocha with Soy Milk 12 oz	12 fl oz		360	150	17	8	0	10	85	50	2	42	6
46046 Flavored Mocha with Soy Milk 16 oz	16 fl oz		510	210	24	12	0	10	140	70	3	58	10
46047 Latte with Soy Milk 12 oz	12 fl oz		120	35	4	0	0	0	115	14	0	9	7
46048 Latte with Soy Milk 16 oz	16 fl oz		170	50	5	0.5	0	0	160	20	0	12	10
46049 Flavored Latte with Soy Milk 12 oz	12 fl oz		190	35	4	0	0	0	115	32	0	27	7
46051 Flavored Latte with Soy Milk 16 oz	12 fl oz		270	50	5	0.5	0	0	160	45	0	37	10
46052 Caramel Latte with Soy Milk 12 oz	12 fl oz		270	70	8	2.5	0	10	180	42	0	27	8
46053 Caramel Latte with Soy Milk 16 oz	16 fl oz		390	100	11	4	0	15	260	61	0	38	11
46054 Cappuccino with Soy Milk 12 oz	12 fl oz		120	35	4	0	0	0	115	14	0	9	7
46055 Cappuccino with Soy Milk 16 oz	16 fl oz		170	50	5	0.5	0	0	160	20	0	12	10
46056 Flavored Cappuccino with Soy Milk 12 oz	12 fl oz		180	30	3.5	0	0	0	100	31	0	26	6
46057 Flavored Cappuccino with Soy Milk 16 oz	16 fl oz		250	45	5	0.5	0	0	150	43	0	36	9
46058 Iced Mocha with Soy Milk 20 oz	20 fl oz		320	80	9	2.5	0	10	160	50	0	43	9
46059 Iced Latte with Soy Milk 20 oz	20 fl oz		160	60	7	2	0	10	130	17	0	11	7
46060 Iced Flavored Latte with Soy Milk 20 oz	20 fl oz		290	60	6	2	0	10	115	52	0	47	6
46061 Iced Caramel Latte with Soy Milk 20 oz	20 fl oz		360	110	12	5	0	25	210	56	0	36	7

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)
46064 Chai Latte with Soy Milk 12 oz	12 fl oz	342g	210	35	3.5	0	0	0	115	38	0	33	7
46065 Chai Latte with Soy Milk 16 oz	16 fl oz	459g	260	50	5	0.5	0	0	160	44	0	37	10
46066 Sea-Salt Caramel Hot Chocolate with Soy Milk 12 oz	12 fl oz	284g	520	230	26	14	0	25	460	69	3	49	9
46069 Sea-Salt Caramel Hot Chocolate with Soy Milk 16 oz	16 fl oz	384g	730	330	37	20	0	30	520	97	4	69	12
46071 Iced Drinking Chocolate with Soy Milk 20 oz	20 fl oz	434g	360	200	22	12	0	5	75	40	4	31	7
46074 Iced Coffee with Soy Milk 20 oz	20 fl oz		70	10	1	0	0	0	35	14	0	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)
4098 Pecan Caramel Streakers 2.35 lbs	1 oz	28g	150	110	12	4.5	0	5	25	12	1	7	2
4268 Dk Striped Milk Corn Flake Cluster 1oz	1 Piece	28g	150	80	9	5	0	5	40	17	1	13	2
4269 Milk Striped Dark Cornflake Cluster 1oz	1 Piece	28g	140	80	9	5	0	0	25	17	1	12	1
4340 Pecan Pralines	1 Piece	78g	370	200	22	9	0	25	90	46	2	44	2
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
40062 Pecan Caramel Divinity Roll 4.2oz	1 Roll	119g	630	410	45	15	0	15	80	55	6	38	6
40065 Pecan Caramel Divinity Bite 1.4oz	1 Piece	40g	220	160	17	6	0	5	25	16	2	11	2
40066 Dark Chocolate Striped Pecan Caramel Divinity Bites 1.5 oz	1 Piece	47g	260	180	20	7	0	5	25	20	3	14	3
40072 Milk Striped Pecan Caramel Divinity 1.5oz	1 Piece	43g	230	160	18	6	0	5	25	18	2	12	2
40075 Peanut Chip Dark PB Nutter Butter	1 Cookie	31g	150	80	8	4.5	0	0	60	19	1	12	2
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
44945 Peanut Chip White Chocolate Nutter Butter	1 Piece	31g	160	70	8	4.5	0	5	75	20	1	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)
4060 Mk Striped Mk Cherry .75oz	1 Piece	15g	60	25	3	2	0	0	5	8	0	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

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
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
4041 White Striped White Chocolate Krispie 3.3oz	1 Piece	94g	480	220	24	13	0	15	220	61	0	46	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
4218 White Striped Dark Chocolate Krispie 3.3oz	1 Piece	94g	460	230	25	14	0	5	170	60	3	41	4
4228 Sprinkled White Chocolate Krispie 2.9oz	1 Piece	83g	420	180	19	11	0	10	210	56	0	41	3
45059 White Krispie with Topper 2.9oz	1 Piece	85g	420	180	19	11	0	10	210	58	0	42	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)
------	------------------------------------	---------------------	-----------------	--------------------------	---------	-------------------	----------------------	------------------	-------------	-------------------	--------------------------	------------------	-------------



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
4059 Dark Striped White Cookie	1 Piece	32g	160	80	9	4.5	0	5	60	20	0	16	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
4093 White Striped Dark Cookie 1.1oz	1 Piece	32g	160	90	10	4.5	0	0	50	20	1	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

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
4205 Dark Sea-Salt Caramel Pretzel Twist	1 Piece	50g	220	90	10	6	0	10	380	33	1	18	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

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)
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
4358 Chocolate English Walnut Fudge	1 oz	28g	120	45	5	2	0	5	25	19	0	17	1
4362 Chocolate Peanut Butter Fudge	1 oz	28g	110	40	4.5	2	0	5	50	19	0	17	1
4364 Chocolate Pecan Fudge	1 oz	28g	120	45	5	2.5	0	5	25	19	0	17	0
4365 Cherry Cordial Fudge	1 oz	28g	110	30	3.5	2	0	5	35	22	0	20	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
4384 Peppermint Stick Fudge	1 oz	28g	100	20	2.5	1.5	0	5	35	22	0	20	0
4386 Praline Pecan Fudge	1 oz	28g	110	30	3	2	0	5	50	21	0	19	0
4388 Pumpkin Walnut Fudge	1 oz	28g	110	35	4	1.5	0	5	45	20	0	17	1
4392 Toasted Coconut Fudge	1 oz	28g	110	30	3.5	2.5	0	5	40	20	0	19	0
4394 Turtle Fudge	1 oz	28g	110	40	4	2.5	0	5	30	19	0	17	0
4396 Vanilla Fudge	1 oz	28g	110	25	2.5	1.5	0	5	40	21	0	20	0
43011 Triple Chocolate Caramel Fudge	1 oz	28g	110	40	4.5	2.5	0	5	35	19	0	17	1
43016 Peanut Butter Chocolate Chunk Gem Fudge	1 oz	28g	110	35	4	2	0	5	50	19	0	17	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)
7290 Christmas Mint Patties	1 Piece	10g	40	15	1.5	1	0	0	0	7	0	6	0
7291 Dark Chocolate Ginger	1 Piece	21g	90	35	4	2.5	0	0	0	15	1	13	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)
5049 Red Foiled Hearts	1 Piece	9g	45	25	3	2	0	0	5	5	0	4	0
5050 Pink Foiled Hearts	1 Piece	9g	45	25	3	2	0	0	5	5	0	4	0
5051 Silver Foiled Hearts	1 Piece	9g	45	25	3	2	0	0	5	5	0	4	0
5052 Chocolate Heart Pop	1 Pop	28g	160	90	10	6	0	5	20	16	0	15	2
5053 Foil Hearts Mesh Bag	1 Bag	43g	240	130	15	9	0	10	30	24	1	22	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)