

There follows a listing of our current ice cream flavors' ingredients with allergens highlighted.

The listings in blue contain gluten.

Eggs are highlighted in purple.

Almonds, Pecans, Cashews, Peanuts, Walnuts and Soy are highlighted in red.

Wheat is highlighted in green.

We have two flavors that do NOT contain Milk products – they are Raspberry Sorbetto and Lemon Sorbetto. All other flavors contain Dairy !

At the end of this document there are the nutritional panels for each flavor. Please note that a serving is half a scoop (2.5 ounces).

Ingredients Listing for Kilwin's Ice Creams
08-25-2009

Chocolate Caramel Cashew: INGREDIENTS: chocolate ice cream (milk, cream, sugar, corn syrup, skim milk powder, cocoa, whey powder, stabilizer [guar gum, mono & diglycerides, xanthan gum, polysorbate 80, carrageenan], red 40, yellow 5, blue 1), caramel varigate (high fructose corn syrup, buttermilk, sugar, milk, butter, modified corn starch, natural & artificial flavors, mono & diglycerides, salt, potassium sorbate, sodium citrate, sodium bicarbonate), chocolate covered cashews (cashews, sugar, partially hydrogenated palm kernel oil, cocoa, cocoa processed with alkali, salt, soy lecithin, sorbitan monostearate, polysorbate 60, vanilla), vanilla flavor (water, alcohol, propylene glycol, natural and artificial flavors, vanillin, caramel color). CONTAINS CASHEW, MILK, SOY.

Blue Moon: INGREDIENTS: ice cream mix (milk, cream, sugar, corn syrup, skim milk powder, whey powder, stabilizer [guar gum, mono & diglycerides, xanthan gum, polysorbate 80, carrageenan]), blue moon flavor (xanthan gum, blue 1). CONTAINS MILK.

Blueberry Waffle Cone: INGREDIENTS: milk, cream, sugar, corn syrup, blueberry sauce (blueberries, sugar, water, modified food starch [corn], natural flavor and sodium benzoate), blueberry base (blueberries with other fruit pulp, sugar, water, agar agar, locust bean gum, citric acid, benzoate of soda), chocolate waffle cone (sugar, sugar cone pieces [bleached wheat flour, sugar, partially hydrogenated vegetable shortening {soybean, cottonseed}, soy lecithin - emulsifier, salt, caramel color, artificial flavor], coconut oil, chocolate liquor, buttermilk powder, nonfat dry milk, natural flavor), skim milk powder, whey powder, stabilizer (mono- and di-glycerides, cellulose gum, polysorbate 80, carrageenan, guar gum). CONTAINS MILK, SOY, WHEAT..

Butter Pecan: INGREDIENTS: ice cream mix (milk, cream, sugar, corn syrup, skim milk powder, whey powder, stabilizer [guar gum, mono & diglycerides, xanthan gum, polysorbate 80, carrageenan]), pecans, natural flavors. CONTAINS MILK, PECANS.

Cake Batter: INGREDIENTS: milk, cream, sugar, corn syrup, fudge sauce (powdered sugar [sugar, corn starch], peanut oil, natural cocoa, chocolate liquor, salt, soy lecithin), cake batter base (water, dextrose, fructose, sugar, margarine [liquid soybean oil, partially hydrogenated soybean oil, water, salt, whey, soy lecithin, soy mono and diglycerides, sodium benzoate, artificial butter flavor, beta carotene, vitamin A palmitate], unenriched wheat flour, natural and artificial flavors [contains sulfites], pasteurized egg, nonfat dry milk, yellow #5, stabilizer [xanthan gum and guar gum], salt, potassium sorbate, sodium benzoate), cake pieces (sugar, wheat flour, eggs, partially hydrogenated soybean oil, water, corn starch, high fructose corn syrup, salt, distilled monoglycerides, natural vanilla flavor, xanthan gum, annatto extract, yellow #5), skim milk powder, whey powder, stabilizer (mono and diglycerides, cellulose gum, polysorbate 80, carrageenan, guar gum). CONTAINS EGG, MILK, SOY WHEAT.

Cappuccino Chocolate Chip: INGREDIENTS: ice cream mix (milk, cream, sugar, corn syrup, skim milk powder, whey powder, stabilizer [guar gum, mono & diglycerides, xanthan gum, polysorbate 80, carrageenan]), chocolate chunks (sugar, coconut oil, cocoa (processed with alkali), partially hydrogenated coconut oil, cocoa, soy lecithin, natural flavor), natural flavors. CONTAINS MILK, SOY.

Chocolate: INGREDIENTS: chocolate ice cream (milk, cream, sugar, corn syrup, skim milk powder, cocoa, whey powder, stabilizer [guar gum, mono & diglycerides, xanthan gum, polysorbate 80, carrageenan], red 40, yellow 5, blue 1), vanilla flavor (water, alcohol, propylene glycol, natural and artificial flavors, vanillin, caramel color). CONTAINS MILK

Chocolate Chip: INGREDIENTS: ice cream mix (milk, cream, sugar, corn syrup, skim milk powder, whey powder, stabilizer [guar gum, mono & diglycerides, xanthan gum, polysorbate 80, carrageenan]), chocolate chunks (sugar, coconut oil, cocoa (processed with alkali), partially hydrogenated coconut oil, cocoa, soy lecithin, natural flavor), natural and artificial flavor. CONTAINS MILK, SOY.

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08-25-2009

Wired Berry: INGREDIENTS: milk, cream, sugar, corn syrup, skim milk, whey, Energy Flavor Powder 723 w/caffeine (citric acid, taurine, glucoronolactone, inositol, caffeine, sucralose, natural and artificial flavors, silicon dioxide, niacinamide, calcium pantothenate, pyridoxine hydrochloride, Vitamin B12), stabilizer (mono and diglycerides, cellulose gum, polysorbate 80, carrageenan, guar gum), red #40, Energy Vitamin Blend 725 (inositol, niacinamide, calcium pantothenate, pyridoxine hydrochloride, Vitamin B12). CONTAINS MILK.

Chocolate Chip Cookie Dough: INGREDIENTS: ice cream mix (milk, cream, sugar, corn syrup, skim milk powder, whey powder, stabilizer [guar gum, mono & diglycerides, xanthan gum, polysorbate 80, carrageenan]), cookie dough (wheat flour, brown sugar, partially hydrogenated soybean oil, chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin), water, natural flavors, soy lecithin, salt, sodium bicarbonate), cookie dough base (brown sugar, high fructose corn syrup, water, molasses, natural flavors, salt), chocolate chunks (sugar, coconut oil, cocoa (processed with alkali), partially hydrogenated coconut oil, soy lecithin, natural flavor), caramel color. CONTAINS MILK, SOY, WHEAT.

Chocolate Peanut Butter: INGREDIENTS: chocolate ice cream (milk, cream, sugar, corn syrup, skim milk powder, cocoa, whey powder, stabilizer [guar gum, mono & diglycerides, xanthan gum, polysorbate 80, carrageenan], red 40, yellow 5, blue 1), peanut butter variegate (peanut butter, sugar, peanut oil, salt, partially hydrogenated palm oil), vanilla flavor (water, alcohol, propylene glycol, natural and artificial flavors, vanillin, caramel color). CONTAIN MILK, PEANUT.

Cinnamon Crumb Cake: INGREDIENTS: milk, cream, sugar, corn syrup, cinnamon sauce (sugar, corn syrup, modified food starch, cinnamon, caramel color, natural flavor, salt, potassium sorbate, soy lecithin - emulsifier), cinnamon cake pieces (sugar, butter [cream, salt], unenriched wheat flour, brown sugar, water, pasteurized eggs, natural flavors, cinnamon, salt, oil of cassia, skim milk powder, whey powder), stabilizer (mono- and diglycerides, cellulose gum, polysorbate 80, carrageenan, guar gum), cinnamon. CONTAINS EGG, MILK, SOY, WHEAT

Cookies N Cream: INGREDIENTS: ice cream mix (milk, cream, sugar, corn syrup, skim milk powder, whey powder, stabilizer [guar gum, mono & diglycerides, xanthan gum, polysorbate 80, carrageenan]), chocolate sandwich cookies (sugar, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), partially hydrogenated soybean oil, cocoa (processed with alkali), high fructose corn syrup, whey, cornstarch, baking soda, salt, soy lecithin (emulsifier), vanillin - artificial flavor, chocolate), vanilla flavor (water, alcohol, propylene glycol, natural and artificial flavors, vanillin, caramel color). CONTAINS MILK, SOY, WHEAT.

English Toffee: INGREDIENTS: milk, cream, sugar, corn syrup, english butter toffee (sugar, butter, brown sugar, coconut oil, corn syrup, high fructose corn syrup, natural flavor, partially hydrogenated vegetable oil [cottonseed and soybean], almonds, salt, milk powder, soy lecithin, sodium bicarbonate), skim milk powder, chocolate flakes (sugar, coconut oil, cocoa processed with alkali, partially hydrogenated coconut oil, cocoa, salt, soy lecithin, natural flavor), whey powder, stabilizer (mono and diglycerides, cellulose gum, polysorbate 80, carrageenan, guar gum), toffee flavor (caramel color, xanthan gum, yellow #5, yellow #6). CONTAINS MILK, SOY, ALMONDS.

French Silk: INGREDIENTS: ice cream mix (milk, cream, sugar, corn syrup, skim milk powder, whey powder, stabilizer [guar gum, mono & diglycerides, xanthan gum, polysorbate 80, carrageenan]), french silk flavor (high fructose corn syrup, nonfat milk, butter, corn syrup, chocolate liquor, sugar, sodium citrate, whey, vanilla extract, potassium sorbate as preservative, disodium phosphate, locust bean gum, guar gum, soy lecithin), chocolate chunks (sugar, coconut oil, cocoa (processed with alkali), partially hydrogenated coconut oil, cocoa, soy lecithin, natural flavor). CONTAINS MILK, SOY.

Fudgie Brownie: INGREDIENTS: milk, cream, sugar, corn syrup, cinnamon sauce (sugar, corn syrup, modified food starch, cinnamon, caramel color, natural flavor, salt, potassium sorbate, soy lecithin - emulsifier), cinnamon cake pieces (sugar, butter [cream, salt], unenriched wheat flour, brown sugar, water, pasteurized eggs, natural flavors, cinnamon, salt, oil of cassia, skim milk powder, whey powder), stabilizer (mono- and diglycerides, cellulose gum, polysorbate 80, carrageenan, guar gum), cinnamon. CONTAINS EGG, MILK, SOY, WHEAT

Ingredients Listing for Kilwin's Ice Creams
08-25-2009

Georgia Peach: INGREDIENTS: ice cream mix (milk, cream, sugar, corn syrup, skim milk powder, whey powder, stabilizer [guar gum, mono & diglycerides, xanthan gum, polysorbate 80, carrageenan]), peaches (peaches, sugar, sodium alginate, locust bean gum, ascorbic acid, annatto extract, malic acid, natural flavor), peach flavor (malic acid, natural flavor). CONTAINS MILK.

Mackinac Island Fudge: INGREDIENTS: ice cream mix (milk, cream, sugar, corn syrup, skim milk powder, whey powder, stabilizer [guar gum, mono & diglycerides, xanthan gum, polysorbate 80, carrageenan]), thick fudge (sugar, peanut oil, cocoa (processed with alkali), whey powder, salt, soy lecithin), vanilla flavor (water, alcohol, propylene glycol, natural and artificial flavors, vanillin, caramel color). CONTAINS MILK, PEANUT, SOY.

Mango Tango: INGREDIENTS: milk, cream, sugar, corn syrup, mango base (high fructose corn syrup, sugar, mango puree, water, annatto, modified corn starch, turmeric extract [propylene glycol, extractives of turmeric], food acids [phosphoric, citric, malic and tartaric acids], natural flavor, potassium sorbate & sodium benzoate [preservatives], orange oil), pectinized mango, skim milk, whey, stabilizer (mono and diglycerides, cellulose gum, polysorbate 80, carrageenan, guar gum). CONTAINS MILK.

Maple Walnut: INGREDIENTS: ice cream mix (milk, cream, sugar, corn syrup, skim milk powder, whey powder, stabilizer [guar gum, mono & diglycerides, xanthan gum, polysorbate 80, carrageenan]), walnuts, artificial flavor. CONTAINS MILK, WALNUT.

Pumpkin: INGREDIENTS: ice cream base (milk, cream, sugar, corn syrup, nonfat dry milk, guar gum, mono & diglycerides, xanthan gum, dextrose, polysorbate 80, and carrageenan), pumpkin mix (pumpkin, sugar, water, salt, natural flavors, spices). CONTAINS MILK.

Mint Chocolate Chip: INGREDIENTS: milk, cream, sugar, corn syrup, skim milk powder, whey powder, stabilizer (guar gum, mono & diglycerides, xanthan gum, polysorbate 80, carrageenan), chocolate chunks (sugar, coconut oil, cocoa (processed with alkali), partially hydrogenated coconut oil, cocoa, soy lecithin, natural flavor), artificial colors yellow 5 & blue 1, artificial flavor. CONTAINS MILK, SOY.

Kilwin's tracks: INGREDIENTS: ice cream mix (milk, cream, sugar, corn syrup, skim milk powder, whey powder, stabilizer [guar gum, mono & diglycerides, xanthan gum, polysorbate 80, carrageenan]), thick fudge (sugar, peanut oil, cocoa (processed with alkali), whey powder, salt, soy lecithin), chocolate peanut truffle (sugar, peanut butter, partially hydrogenated palm kernel oil, dextrose, cocoa (processed with alkali), coconut oil, natural flavors, salt, soy lecithin), vanilla flavor (water, alcohol, propylene glycol, natural and artificial flavors, vanillin, caramel color). CONTAINS MILK, PEANUT, SOY.

Mud: INGREDIENTS: ice cream mix (milk, cream, sugar, corn syrup, skim milk powder, whey powder, stabilizer [guar gum, mono & diglycerides, xanthan gum, polysorbate 80, carrageenan]), chocolate chip (sugar, coconut oil, cocoa processed with alkali, partially hydrogenated coconut oil, chocolate liquor, salt, soy lecithin, BHA to preserve freshness), caramel (high fructose corn syrup, buttermilk, sugar, milk, butter, modified corn starch, natural & artificial flavors, mono & diglycerides, salt, potassium sorbate, sodium citrate, sodium bicarbonate), vanilla flavor (natural and artificial flavors). CONTAINS MILK, SOY.

New Orleans Praline Pecan: INGREDIENTS: milk, cream, sugar, corn syrup, skim milk powder, whey powder, stabilizer (guar gum, mono & diglycerides, xanthan gum, polysorbate 80, carrageenan), praline pecans (sugar, pecans, water, corn syrup, butter (cream, salt), salt), caramel varigate (high fructose corn syrup, corn syrup, buttermilk, sugar, milk, butter, modified food starch, natural & artificial flavors, mono & diglycerides, salt, potassium sorbate, sodium citrate, sodium bicarbonate), praline flavor (corn syrup, water, salt, natural flavors, barley malt extract, molasses, brown sugar, caramel color, propylene glycol alginate, potassium sorbate). CONTAINS MILK, PECAN

Old-Fashioned Vanilla: INGREDIENTS: ice cream mix (milk, cream, sugar, corn syrup, skim milk powder, whey powder, stabilizer [guar gum, mono & diglycerides, xanthan gum, polysorbate 80, carrageenan]), vanilla base (sugar, high fructose corn sweetener, condensed milk, cream, butter, citric acid, potassium sorbate), natural vanilla flavors, vanillin, caramel color. CONTAINS MILK.

Ingredients Listing for Kilwin's Ice Creams
08-25-2009

Peppermint: INGREDIENTS: ice cream mix (milk, cream, sugar, corn syrup, skim milk powder, whey powder, stabilizer [guar gum, mono & diglycerides, xanthan gum, polysorbate 80, carrageenan]), mint flakes (sugar, coconut oil, buttermilk powder, natural flavor, red 40 lake, yellow 5 lake, blue 1 lake, **soy** lecithin), peppermint flavor (alcohol, propylene glycol). CONTAINS MILK, SOY.

Pistachio: INGREDIENTS: ice cream mix (milk, cream, sugar, corn syrup, skim milk powder, whey powder, stabilizer [guar gum, mono & diglycerides, xanthan gum, polysorbate 80, carrageenan]), pistachio nuts (roasted with **peanut** oil, salt), artificial flavor (xanthan gum, blue 1, yellow 5). CONTAINS MILK, PEANUT.

Rocky Road: INGREDIENTS: milk, sugar, corn syrup, cream, marshmallow sauce (corn syrup, water, modified food starch[corn], titanium dioxide [color], natural and artificial flavor, sodium benzoate and potassium sorbate, salt, citric acid), **almonds** (roasted in **peanut** oil, salt), cocoa, skim milk powder, red #40, whey powder, yellow #5, stabilizer (mono and diglycerides, cellulose gum, polysorbate 80, carrageenan, guar gum), blue #1, vanilla. CONTAINS MILK, PEANUT, TREE NUTS.

Rum Raisin: INGREDIENTS: ice cream mix (milk, cream, sugar, corn syrup, skim milk powder, whey powder, stabilizer [guar gum, mono & diglycerides, xanthan gum, polysorbate 80, carrageenan]), raisin fruit (raisins, water, sugar, corn syrup, carrageenan, salt, xanthan gum, potassium sorbate), artificial flavor. CONTAINS MILK.

Strawberry Chunk: INGREDIENTS: milk, cream, sugar, corn syrup, skim milk powder, whey powder, stabilizer (guar gum, mono & diglycerides, xanthan gum, polysorbate 80, carrageenan), strawberries (strawberries, sugar, locust bean gum, xanthan gum, citric acid and natural flavor), strawberry flavor (sugar, strawberry juice concentrate, water, natural flavor and citric acid), citric acid. CONTAINS MILK.

Superman: INGREDIENTS: ice cream mix (milk, cream, sugar, corn syrup, skim milk powder, whey powder, stabilizer [guar gum, mono & diglycerides, xanthan gum, polysorbate 80, carrageenan]), artificial color (blue 1, yellow 5, yellow 6, red 40), artificial flavors (modified food starch, potassium sorbate, citric acid, artificial colors yellow 6 and red 40, polysorbate 80, potassium). CONTAINS MILK.

Toasted Coconut: INGREDIENTS: ice cream mix (milk, cream, sugar, corn syrup, skim milk powder, whey powder, stabilizer [guar gum, mono & diglycerides, xanthan gum, polysorbate 80, carrageenan]), chocolate coconut (toasted coconut [coconut, sugar, dextrose, salt], sugar, partially hydrogenated palm kernel oil, cocoa processed with alkali, **soy** lecithin, sorbitan monostearate, polysorbate 60, vanilla), artificial flavor. CONTAINS MILK, SOY.

Traverse City Cherry: INGREDIENTS: ice cream mix (milk, cream, sugar, corn syrup, skim milk powder, whey powder, stabilizer [guar gum, mono & diglycerides, xanthan gum, polysorbate 80, carrageenan]), black cherries (cherries, water, corn syrup, sugar, citric acid, sodium benzoate, potassium sorbate, artificial & natural flavors, red 40, blue1), cherry brandy variegate (sugar, high fructose corn syrup, cherry juice concentrate, modified food starch, natural & artificial flavor, potassium sorbate, xanthan gum, artificial color red 40), artificial flavor with artificial color red 40 & blue1 added, citric acid. CONTAINS MILK.

Turtle: INGREDIENTS: ice cream mix (milk, cream, sugar, corn syrup, skim milk powder, whey powder, stabilizer (guar gum, mono & diglycerides, xanthan gum, polysorbate 80, carrageenan), caramel varigate (high fructose corn syrup, buttermilk, sugar, milk, butter, modified corn starch, natural & artificial flavors, mono & diglycerides, salt, potassium sorbate, sodium citrate, sodium bicarbonate), chocolate **pecans** (**pecans**, sugar, partially hydrogenated palm kernel oil, cocoa (processed with alkali), salt, **soy** lecithin, vanilla), chocolate malt syrup (sugar, water, cocoa (processed with alkali), barley malt extract, salt, potassium sorbate (preservative), glycerol monostearate, natural and artificial flavor, polysorbate 80). CONTAINS MILK, PECAN, SOY.

Ingredients Listing for Kilwin's Ice Creams
08-25-2009

Turtle Cheesecake: INGREDIENTS: milk, cream, sugar, corn syrup, cheesecake base (corn syrup, water, natural flavor, cheese powder [non fat dry milk, lactic acid, cellulose, cellulose gum, cultures], buttermilk powder, sugar), caramel sauce (high fructose corn syrup, buttermilk, sugar, milk, butter, modified food starch [corn], natural and artificial flavor, mono and diglycerides, salt, potassium sorbate, sodium citrate, sodium bicarbonate), caramel turtles and pecans (sugar, coconut oil, cocoa processed with alkali, whole milk, non fat milk, partially hydrogenated palm oil, soy lecithin, natural flavors, corn syrup, sweetened condensed milk, heavy cream, butter, palm kernel oil, salt, natural and artificial flavors, soy lecithin, vanillin, potassium sorbate, pecans [sugar, pecans, butter, corn syrup, salt]), skim milk powder, whey powder, stabilizer (mono and diglycerides, cellulose gum, polysorbate 80, carrageenan, guar gum), vanilla, vanillin (an artificial flavor). CONTAINS MILK, SOY, PECAN.

Banana Fudge Pie: INGREDIENTS: ice cream mix (milk, cream, sugar, corn syrup, skim milk powder, whey powder, stabilizer [guar gum, mono & diglycerides, xanthan gum, polysorbate 80, carrageenan]), thick fudge (sugar, peanut oil, cocoa (processed with alkali), whey powder, salt, soy lecithin), chocolate graham crackers (chocolate coating (powdered sugar, partially hydrogenated coconut oil, cocoa (processed with alkali), salt, soy lecithin), graham crackers (enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, partially hydrogenated vegetable shortening (soybean and/or cottonseed oils), graham flour, honey, high fructose corn syrup, leavening (sodium bicarbonate, sodium acid pyrophosphate, monocalcium phosphate), salt, corn starch, soy lecithin, annatto color), banana puree (banana, sugar, salt, ascorbic acid). CONTAINS MILK, SOY, WHEAT.

Key Lime Pie: INGREDIENTS: ice cream mix (milk, cream, sugar, corn syrup, skim milk powder, whey powder, stabilizer [guar gum, mono & diglycerides, xanthan gum, polysorbate 80, carrageenan]), sour cream variegate (sugar, cream cheese (milk, cream, salt, enzymes), maltodextrin, high fructose corn syrup, water, titanium dioxide, modified corn starch, salt, potassium sorbate, natural flavor, citric acid, disodium phosphate), chocolate graham crackers (chocolate coating (powdered sugar, partially hydrogenated coconut oil, cocoa (processed with alkali), salt, soy lecithin), graham crackers (enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, partially hydrogenated vegetable shortening (soybean and/or cottonseed oils), graham flour, honey, high fructose corn syrup, leavening (sodium bicarbonate, sodium acid pyrophosphate, monocalcium phosphate), salt, corn starch, soy lecithin, annatto color), natural flavors, citric acid, artificial colors yellow 5 & blue 1 lakes. CONTAINS MILK, SOY, WHEAT.

Chocolate Yogurt: INGREDIENTS: yogurt mix (milk, sugar, skim milk powder, corn syrup, cream cultured mix, stabilizer [microcrystalline, cellulose gum, mono and diglycerides, polysorbate 80, carrageenan]), chocolate base (high fructose corn syrup, cocoa processed with alkali, corn syrup, water, chocolate liquor, salt, sodium benzoate and potassium sorbate as preservatives), chocolate flavor (water, alcohol, caramel color, red 40), vanilla flavor (water, alcohol, propylene glycol, natural and artificial flavors, vanillin, caramel color). CONTAINS MILK.

Peach Yogurt: INGREDIENTS: yogurt mix (milk, sugar, skim milk powder, corn syrup, cream cultured mix, stabilizer [microcrystalline, cellulose gum, mono and diglycerides, polysorbate 80, carrageenan]), peaches (peaches, sugar, sodium alginate, locust bean gum, ascorbic acid, annatto extract, malic acid, natural flavor), peach flavor (malic acid, natural flavor). CONTAINS MILK.

Lemon Sorbetto: INGREDIENTS: water, sugar, lemonade concentrate, corn syrup, stabilizer, artificial colors yellow 5 & yellow 6, citric acid.

Raspberry Sorbetto: INGREDIENTS: water, sugar, raspberry puree (red raspberries, sugar, xanthan gum, natural flavor, citric acid, propylene glycol, benzoate of soda, red 40, blue 1), corn syrup, citric acid, artificial flavor with artificial color red 40 & blue 1 added, stabilizer.

NSA Caramel Ripple: INGREDIENTS: NSA dairy mix (milk, skim milk powder, stabilizer (lactitol, polydextrose, cellulose gel, mono and diglycerides, cellulose gum, polysorbate 80, carrageenan, acesulfame K, sucralose), NSA caramel variegate (maltitol syrup, modified food starch, natural and artificial flavors, salt, caramel color, potassium sorbate, sucralose), glycerin, vanilla flavor (natural and artificial flavors). CONTAINS MILK.

Ingredients Listing for Kilwin's Ice Creams

08-25-2009

NSA Chocolate Ripple: INGREDIENTS: NSA dairy mix (milk, skim milk powder, stabilizer (lactitol, polydextrose, cellulose gel, mono and diglycerides, cellulose gum, polysorbate 80, carrageenan, acesulfame K, sucralose), NSA thick fudge (peanut oil, maltodextrin, natural cocoa, chocolate coating (maltitol, coconut oil, lactitol, cocoa powder processed with alkali, soy lecithin, vanilla) soy lecithin, salt, sucralose), glycerin, vanilla flavor (natural and artificial flavors). **CONTAINS MILK, PEANUT, SOY.**

NSA Apple Pie: INGREDIENTS: milk, NSA Apple Pie Ribbon (maltitol, water, apple sauce [apple, water], apple juice concentrate, modified corn starch, lemon juice concentrate, cinnamon, potassium sorbate and sodium benzoate as preservative, natural flavor, salt), stabilizer (lactitol, polydextrose, cellulose gel, mono and diglycerides, cellulose gum, polysorbate 80, carrageenan, acesulfame K, sucralose), maltodextrin, skim milk, NSA Pie Chips (unenriched wheat flour, soybean oil, water, nonfat dry milk, sorbitol, natural flavor [dairy], sucralose, calcium propionate [preservative], baking soda), cream, glycerin, vanilla flavor. **CONTAINS MILK, SOY, WHEAT.**

Kilwin's Ice Cream Nutritional Panels
08-25-2009

Nutrition Facts	
Serving Size 1/2 cup (72g)	
Servings Per Container	
Amount Per Serving	
Calories 160	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 95mg	4%
Total Carbohydrate 21g	7%
Dietary Fiber 0g	0%
Sugars 17g	
Protein 2g	
Vitamin A 6% • Vitamin C 10%	
Calcium 6% • Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

3023 Chocolate Caramel Cashew

Nutrition Facts	
Serving Size (72g)	
Servings Per Container	
Amount Per Serving	
Calories 170	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 35mg	1%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 3g	
Vitamin A 6% • Vitamin C 0%	
Calcium 10% • Iron 0%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

3025 Blue Moon

Nutrition Facts	
Serving Size 2.5 oz (72g)	
Servings Per Container	
Amount Per Serving	
Calories 180	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 25mg	1%
Total Carbohydrate 21g	7%
Dietary Fiber 0g	0%
Sugars 15g	
Protein 2g	
Vitamin A 6% • Vitamin C 0%	
Calcium 8% • Iron --%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

3027 Blueberry Waffle Cone

Nutrition Facts	
Serving Size (72g)	
Servings Per Container	
Amount Per Serving	
Calories 190	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 50mg	2%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 3g	
Vitamin A 6% • Vitamin C 0%	
Calcium 10% • Iron 0%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

3050 Butter Pecan

Nutrition Facts	
Serving Size (72g)	
Servings Per Container	
Amount Per Serving	
Calories 200	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 65mg	3%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Sugars 17g	
Protein 3g	
Vitamin A 6% • Vitamin C 0%	
Calcium 8% • Iron 0%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

3051 Cake Batter

Nutrition Facts	
Serving Size (72g)	
Servings Per Container	
Amount Per Serving	
Calories 180	Calories from Fat 90
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 30mg	1%
Total Carbohydrate 19g	6%
Dietary Fiber 0g	0%
Sugars 14g	
Protein 3g	
Vitamin A 6% • Vitamin C 0%	
Calcium 8% • Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

3053 Cappuccino Choc Chip

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Kilwin's Ice Cream Nutritional Panels
08-25-2009

Nutrition Facts	
Serving Size (72g)	
Servings Per Container	
Amount Per Serving	
Calories 140	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 30mg	1%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	4%
Sugars 10g	
Protein 3g	
Vitamin A 4%	• Vitamin C 0%
Calcium 8%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

3060 Chocolate

Nutrition Facts	
Serving Size (72g)	
Servings Per Container	
Amount Per Serving	
Calories 190	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 30mg	1%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Sugars 15g	
Protein 3g	
Vitamin A 6%	• Vitamin C 0%
Calcium 8%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

3062 Chocolate Chip

Nutrition Facts	
Serving Size (72g)	
Servings Per Container	
Amount Per Serving	
Calories 190	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 40mg	2%
Total Carbohydrate 22g	7%
Dietary Fiber 0g	0%
Sugars 16g	
Protein 3g	
Vitamin A 6%	• Vitamin C 0%
Calcium 8%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

3070 Choc Chip Cookie Dough

Nutrition Facts	
Serving Size (72g)	
Servings Per Container	
Amount Per Serving	
Calories 190	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 95mg	4%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Sugars 10g	
Protein 5g	
Vitamin A 4%	• Vitamin C 0%
Calcium 8%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

3072 Choc Peanut Butter

Nutrition Facts	
Serving Size 2.5 oz (72g)	
Servings Per Container	
Amount Per Serving	
Calories 180	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 50mg	2%
Total Carbohydrate 22g	7%
Dietary Fiber 0g	0%
Sugars 13g	
Protein 2g	
Vitamin A 6%	• Vitamin C 0%
Calcium 8%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

3073 Cinnamon Crumb Cake

Nutrition Facts	
Serving Size (72g)	
Servings Per Container	
Amount Per Serving	
Calories 180	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 65mg	3%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Sugars 14g	
Protein 3g	
Vitamin A 6%	• Vitamin C 0%
Calcium 8%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

3075 Cookies and Cream

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Kilwin's Ice Cream Nutritional Panels
08-25-2009

Nutrition Facts	
Serving Size 1/2 cup (72g)	
Servings Per Container	
Amount Per Serving	
Calories 190	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 80mg	3%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Sugars 16g	
Protein 2g	
Vitamin A 6%	• Vitamin C 2%
Calcium 8%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

3100 French Silk

Nutrition Facts	
Serving Size (72g)	
Servings Per Container	
Amount Per Serving	
Calories 160	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 40mg	2%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	4%
Sugars 13g	
Protein 3g	
Vitamin A 4%	• Vitamin C 0%
Calcium 8%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

3101 Fudgie Brownie

Nutrition Facts	
Serving Size (72g)	
Servings Per Container	
Amount Per Serving	
Calories 150	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 30mg	1%
Total Carbohydrate 19g	6%
Dietary Fiber 0g	0%
Sugars 15g	
Protein 2g	
Vitamin A 6%	• Vitamin C 2%
Calcium 8%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

3103 Georgia Peach

Nutrition Facts	
Serving Size 2.5 oz (72g)	
Servings Per Container	
Amount Per Serving	
Calories 170	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 40mg	2%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Sugars 17g	
Protein 3g	
Vitamin A 8%	• Vitamin C 0%
Calcium 10%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

3110 Java

Nutrition Facts	
Serving Size (72g)	
Servings Per Container	
Amount Per Serving	
Calories 190	Calories from Fat 100
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 55mg	2%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	4%
Sugars 14g	
Protein 3g	
Vitamin A 6%	• Vitamin C 0%
Calcium 10%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

3125 Mackinac Island Fudge

Nutrition Facts	
Serving Size (72g)	
Servings Per Container	
Amount Per Serving	
Calories 190	Calories from Fat 110
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 30mg	1%
Total Carbohydrate 16g	5%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 3g	
Vitamin A 6%	• Vitamin C 0%
Calcium 10%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

3130 Maple Walnut

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Kilwin's Ice Cream Nutritional Panels
08-25-2009

Nutrition Facts	
Serving Size (72g) Servings Per Container	
Amount Per Serving	
Calories 160	Calories from Fat 80
	% Daily Value*
Total Fat 9g	14%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 40mg	2%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Sugars 13g	
Protein 2g	
Vitamin A 15%	• Vitamin C 0%
Calcium 8%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

3131 Pumpkin

Nutrition Facts	
Serving Size (72g) Servings Per Container	
Amount Per Serving	
Calories 190	Calories from Fat 100
	% Daily Value*
Total Fat 11g	17%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 30mg	1%
Total Carbohydrate 19g	6%
Dietary Fiber 0g	0%
Sugars 14g	
Protein 3g	
Vitamin A 6%	• Vitamin C 0%
Calcium 8%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

3150 Mint Chocolate Chip

Nutrition Facts	
Serving Size 1/2 cup (72g) Servings Per Container	
Amount Per Serving	
Calories 200	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 75mg	3%
Total Carbohydrate 22g	7%
Dietary Fiber 1g	4%
Sugars 17g	
Protein 3g	
Vitamin A 4%	• Vitamin C 0%
Calcium 8%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

3180 Kilwin's Tracks

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Kilwin's Ice Cream Nutritional Panels
08-25-2009

Nutrition Facts	
Serving Size 1/2 cup (72g)	
Servings Per Container	
Amount Per Serving	
Calories 180	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 55mg	2%
Total Carbohydrate 21g	7%
Dietary Fiber 0g	0%
Sugars 17g	
Protein 2g	
Vitamin A 6%	• Vitamin C 6%
Calcium 8%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

3190 Mud

Nutrition Facts	
Serving Size (72g)	
Servings Per Container	
Amount Per Serving	
Calories 190	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 100mg	4%
Total Carbohydrate 22g	7%
Dietary Fiber 0g	0%
Sugars 18g	
Protein 2g	
Vitamin A 6%	• Vitamin C 0%
Calcium 8%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

3200 New Orleans Praline Pecan

Nutrition Facts	
Serving Size (72g)	
Servings Per Container	
Amount Per Serving	
Calories 180	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 40mg	2%
Total Carbohydrate 21g	7%
Dietary Fiber 0g	0%
Sugars 16g	
Protein 3g	
Vitamin A 6%	• Vitamin C 0%
Calcium 10%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

3225 Old Fashioned Vanilla

Nutrition Facts	
Serving Size (72g)	
Servings Per Container	
Amount Per Serving	
Calories 190	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 35mg	1%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Sugars 15g	
Protein 3g	
Vitamin A 6%	• Vitamin C 0%
Calcium 10%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

3250 Peppermint

Nutrition Facts	
Serving Size (72g)	
Servings Per Container	
Amount Per Serving	
Calories 190	Calories from Fat 100
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 55mg	2%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Sugars 12g	
Protein 4g	
Vitamin A 6%	• Vitamin C 0%
Calcium 10%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

3255 Pistachio

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Kilwin's Ice Cream Nutritional Panels
08-25-2009

Nutrition Facts	
Serving Size 2.5 oz (72g)	
Servings Per Container	
Amount Per Serving	
Calories 160	Calories from Fat 70
<hr/>	
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 40mg	2%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	4%
Sugars 13g	
Protein 3g	
Vitamin A 4%	• Vitamin C 0%
Calcium 8%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

3260 Rocky Road

Nutrition Facts	
Serving Size (72g)	
Servings Per Container	
Amount Per Serving	
Calories 160	Calories from Fat 70
<hr/>	
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 40mg	2%
Total Carbohydrate 15g	5%
Dietary Fiber 0g	0%
Sugars 10g	
Protein 2g	
Vitamin A 6%	• Vitamin C 0%
Calcium 8%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

3285 Superman

Nutrition Facts	
Serving Size 1/2 cup (72g)	
Servings Per Container	
Amount Per Serving	
Calories 170	Calories from Fat 70
<hr/>	
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 55mg	2%
Total Carbohydrate 21g	7%
Dietary Fiber 0g	0%
Sugars 16g	
Protein 2g	
Vitamin A 6%	• Vitamin C 0%
Calcium 8%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

3270 Rum Raisin

Nutrition Facts	
Serving Size 1/2 cup (72g)	
Servings Per Container	
Amount Per Serving	
Calories 190	Calories from Fat 100
<hr/>	
	% Daily Value*
Total Fat 11g	17%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 55mg	2%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 16g	
Protein 2g	
Vitamin A 6%	• Vitamin C 0%
Calcium 8%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

3320 Toasted Coconut

Nutrition Facts	
Serving Size (72g)	
Servings Per Container	
Amount Per Serving	
Calories 150	Calories from Fat 70
<hr/>	
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 25mg	1%
Total Carbohydrate 19g	6%
Dietary Fiber 0g	0%
Sugars 14g	
Protein 2g	
Vitamin A 6%	• Vitamin C 6%
Calcium 8%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

3275 Strawberry Chunk

Nutrition Facts	
Serving Size (72g)	
Servings Per Container	
Amount Per Serving	
Calories 170	Calories from Fat 70
<hr/>	
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 30mg	1%
Total Carbohydrate 21g	7%
Dietary Fiber 0g	0%
Sugars 16g	
Protein 2g	
Vitamin A 8%	• Vitamin C 2%
Calcium 8%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

3340 Traverse City Cherry

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Kilwin's Ice Cream Nutritional Panels
08-25-2009

Nutrition Facts																													
Serving Size (72g)																													
Servings Per Container																													
Amount Per Serving																													
Calories 190	Calories from Fat 100																												
	% Daily Value*																												
Total Fat 11g	17%																												
Saturated Fat 6g	30%																												
Trans Fat 0g																													
Cholesterol 30mg	10%																												
Sodium 55mg	2%																												
Total Carbohydrate 22g	7%																												
Dietary Fiber 1g	4%																												
Sugars 17g																													
Protein 3g																													
Vitamin A 6%	• Vitamin C 0%																												
Calcium 8%	• Iron 2%																												
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Total Fat	Less Than	65g	80g																										
Saturated Fat	Less Than	20g	25g																										
Cholesterol	Less Than	300mg	300 mg																										
Sodium	Less Than	2,400mg	2,400mg																										
Total Carbohydrate		300g	375g																										
Dietary Fiber		25g	30g																										
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4																													

3350 Turtle

Nutrition Facts																													
Serving Size (72g)																													
Servings Per Container																													
Amount Per Serving																													
Calories 180	Calories from Fat 80																												
	% Daily Value*																												
Total Fat 9g	14%																												
Saturated Fat 5g	25%																												
Trans Fat 0g																													
Cholesterol 30mg	10%																												
Sodium 55mg	2%																												
Total Carbohydrate 24g	8%																												
Dietary Fiber 0g	0%																												
Sugars 18g																													
Protein 2g																													
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Sodium	Less Than	2,400mg	2,400mg																										
Total Carbohydrate		300g	375g																										
Dietary Fiber		25g	30g																										
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4																													

3355 Turtle Cheesecake

Nutrition Facts																													
Serving Size (72g)																													
Servings Per Container																													
Amount Per Serving																													
Calories 190	Calories from Fat 110																												
	% Daily Value*																												
Total Fat 12g	18%																												
Saturated Fat 7g	35%																												
Trans Fat 0g																													
Cholesterol 30mg	10%																												
Sodium 60mg	3%																												
Total Carbohydrate 21g	7%																												
Dietary Fiber 1g	4%																												
Sugars 15g																													
Protein 3g																													
Vitamin A 6%	• Vitamin C 2%																												
Calcium 8%	• Iron 0%																												
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Sodium	Less Than	2,400mg	2,400mg																										
Total Carbohydrate		300g	375g																										
Dietary Fiber		25g	30g																										
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4																													

3370 Banana Fudge Pie

Nutrition Facts																													
Serving Size 1/2 cup (72g)																													
Servings Per Container																													
Amount Per Serving																													
Calories 180	Calories from Fat 90																												
	% Daily Value*																												
Total Fat 10g	15%																												
Saturated Fat 7g	35%																												
Trans Fat 0g																													
Cholesterol 35mg	12%																												
Sodium 65mg	3%																												
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Dietary Fiber 0g	0%																												
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Sodium	Less Than	2,400mg	2,400mg																										
Total Carbohydrate		300g	375g																										
Dietary Fiber		25g	30g																										
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4																													

3380 Key Lime Pie

Nutrition Facts																													
Serving Size (72g)																													
Servings Per Container																													
Amount Per Serving																													
Calories 160	Calories from Fat 5																												
	% Daily Value*																												
Total Fat 0.5g	1%																												
Saturated Fat 0g	0%																												
Trans Fat 0g																													
Cholesterol 0mg	0%																												
Sodium 15mg	1%																												
Total Carbohydrate 38g	13%																												
Dietary Fiber 0g	0%																												
Sugars 25g																													
Protein 1g																													
Vitamin A 2%	• Vitamin C 2%																												
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Total Carbohydrate		300g	375g																										
Dietary Fiber		25g	30g																										
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4																													

3670 Peach Yogurt

Nutrition Facts																													
Serving Size (72g)																													
Servings Per Container																													
Amount Per Serving																													
Calories 170	Calories from Fat 10																												
	% Daily Value*																												
Total Fat 1g	2%																												
Saturated Fat 0.5g	3%																												
Trans Fat 0g																													
Cholesterol 0mg	0%																												
Sodium 25mg	1%																												
Total Carbohydrate 41g	14%																												
Dietary Fiber 1g	4%																												
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	Calories	2,000	2,500																										
Total Fat	Less Than	65g	80g																										
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Cholesterol	Less Than	300mg	300 mg																										
Sodium	Less Than	2,400mg	2,400mg																										
Total Carbohydrate		300g	375g																										
Dietary Fiber		25g	30g																										
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4																													

3635 Chocolate Yogurt

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Kilwin's Ice Cream Nutritional Panels

08-25-2009

Nutrition Facts		
Serving Size 1/2 cup (72g)		
Servings Per Container		
Amount Per Serving		
Calories 120	Calories from Fat 20	
		% Daily Value*
Total Fat 2g		3%
Saturated Fat 1.5g		8%
Trans Fat 0g		
Cholesterol 10mg		3%
Sodium 95mg		4%
Total Carbohydrate 13g		4%
Dietary Fiber 0g		0%
Sugars 3g		
Protein 2g		
Vitamin A 4%	• Vitamin C 0%	
Calcium 8%	• Iron 0%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

3687 NSA Caramel Ripple

Nutrition Facts		
Serving Size (90g)		
Servings Per Container		
Amount Per Serving		
Calories 90	Calories from Fat 0	
		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 5mg		0%
Total Carbohydrate 19g		6%
Dietary Fiber 0g		0%
Sugars 16g		
Protein 0g		
Vitamin A 0%	• Vitamin C 0%	
Calcium 0%	• Iron 0%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

3745 Raspberry Sorbetto

Nutrition Facts		
Serving Size 1/2 cup (72g)		
Servings Per Container		
Amount Per Serving		
Calories 180	Calories from Fat 100	
		% Daily Value*
Total Fat 11g		17%
Saturated Fat 3.5g		18%
Trans Fat 0g		
Cholesterol 10mg		3%
Sodium 65mg		3%
Total Carbohydrate 18g		6%
Dietary Fiber 1g		4%
Sugars 3g		
Protein 3g		
Vitamin A 4%	• Vitamin C 0%	
Calcium 8%	• Iron 0%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

3689 NSA Chocolate Ripple

Nutrition Facts		
Serving Size (72g)		
Servings Per Container		
Amount Per Serving		
Calories 170	Calories from Fat 90	
		% Daily Value*
Total Fat 9g		14%
Saturated Fat 6g		30%
Trans Fat 0g		
Cholesterol 35mg		12%
Sodium 35mg		1%
Total Carbohydrate 17g		6%
Dietary Fiber 0g		0%
Sugars 12g		
Protein 3g		
Vitamin A 6%	• Vitamin C 0%	
Calcium 10%	• Iron 0%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

New Flavor! 3066 Wired Berry

Nutrition Facts		
Serving Size (90g)		
Servings Per Container		
Amount Per Serving		
Calories 80	Calories from Fat 0	
		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 5mg		0%
Total Carbohydrate 21g		7%
Dietary Fiber 0g		0%
Sugars 13g		
Protein 0g		
Vitamin A 0%	• Vitamin C 0%	
Calcium 0%	• Iron 0%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

3725 Lemon Sorbetto

Nutrition Facts		
Serving Size (72g)		
Servings Per Container		
Amount Per Serving		
Calories 170	Calories from Fat 70	
		% Daily Value*
Total Fat 8g		12%
Saturated Fat 5g		25%
Trans Fat 0g		
Cholesterol 30mg		10%
Sodium 30mg		1%
Total Carbohydrate 21g		7%
Dietary Fiber 0g		0%
Sugars 15g		
Protein 2g		
Vitamin A 10%	• Vitamin C 2%	
Calcium 8%	• Iron 0%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

New Flavor! 3128 Mango Tango

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Kilwin's Ice Cream Nutritional Panels
08-25-2009

Nutrition Facts	
Serving Size (72g)	
Servings Per Container	
Amount Per Serving	
Calories 100	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 45mg	2%
Total Carbohydrate 19g	6%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 3g	
Vitamin A 2%	• Vitamin C 4%
Calcium 10%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

New Flavor! 3679 NSA Apple Pie

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