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. <u>Please note that a serving is half a scoop (2.5 ounces).</u>

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 monosterate, polysorbate 60, vanilla), vanilla flavor (water, alcohol, propylene glycol, natural and artificial flavors, vanillin, caramel color).

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).

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 (momo- 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.

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).

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.

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).

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.

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.

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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).

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).

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).

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).

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

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).

Java: INGREDIENTS: milk, cream, sugar, corn syrup, coffee flavor (natural flavors, sugar, sodium benzoate), skim milk powder, whey powder, stabilizer (mono and diglycerides, cellulose gum, polysorbate 80, carrageenan, guar gum).

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).

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.

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).

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.

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).

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).

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 algenate, potassium sorbate).

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.

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).

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).

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.

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.

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).

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.

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.

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).

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).

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, annato color), banana puree (banana, sugar, salt, ascorbic acid).

Velvet Creme Vanilla: INGREDIENTS: milk, cream, sugar, corn syrup, skim milk powder, whey powder, vanilla (natural vanilla flavors, vanillin, caramel color), stabilizer (mono and diglycerides, cellulose gum, polysorbate 80, carrageenan, guar gum).

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, annato color), natural flavors, citric acid, artificial colors yellow 5 & blue 1 lakes.

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).

Peach Yogurt: INGREDIENTS: yogurt mix (milk, sugar, skim milk powder, corn syrup, cream cutured 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).

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 & blue1 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, carrgeenan, acesulfame K, sucralose), NSA caramel varigate (maltitol syrup, modified food starch, natural and artificial flavors, salt, caramel color, potassium sorbate, sucralose), glycerin, vanilla flavor (natural and artificial flavors).

NSA Chocolate Ripple: INGREDIENTS: NSA dairy mix (milk, skim milk powder, stabilizer (lactitol, polydextrose, cellulose gel, mono and diglycerides, cellulose gum, polysorbate 80, carrgeenan, 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).

Nutri Serving Size Servings Pe	(72g)		
Servings Fe	Containe	71	
Amount Per Se	rving		
Calories 17	0 Calc	ries fron	n Fat 70
		% Da	aily Value
Total Fat 8g			12%
Saturated	Fat 4.5g		23%
Trans Fat	0g		
Cholesterol	20mg		7%
Sodium 75n	ng		3%
Total Carbo	hydrate 2	21g	7%
Dietary Fi	ber 1g		4%
Sugars 15	ia i		
Protein 3g	5		
- Totolin og			
Vitamin A 49	6 • V	/itamin (0%
Calcium 8%	• 1	ron 4%	
*Percent Daily V diet. Your daily v depending on yo	alues may be	e higher or eds:	lower
Total Fat	Less Than	2,000 65g	2,500 80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than		300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydra Dietary Fiber	ate	300g 25g	375g 30g

3023 Chocolate Caramel Cashew

Nutriti Serving Size (7 Servings Per Co	'2g)		cts
Amount Per Serving	9		
Calories 190	Calor	ies from	Fat 120
		% Di	aily Value*
Total Fat 13g			20%
Saturated Fa	t 6g		30%
Trans Fat 0g			
Cholesterol 35	mg		12%
Sodium 50mg			2%
Total Carbohy	drate	17g	6%
Dietary Fiber	0g		0%
Sugars 11g			
Protein 3g			
			2.00/
Vitamin A 6%		Vitamin (C 0%
Calcium 10%	•	Iron 0%	
*Percent Daily Value diet. Your daily value depending on your ca Cal	s may b	e higher or	
Saturated Fat Les Cholesterol Les Sodium Les Total Carbohydrate Dietary Fiber Calories per gram:	as Than as Than as Than as Than	20g 300mg 2,400mg 300g 25g	80g 25g 300 mg 2,400mg 375g 30g
Fat 9 • Carb	ohydrate		ein 4

3050 Butter Pecan

		er	
Amount Per Ser	ving		
Calories 170) Calc	ries fron	n Fat 90
		% Da	ily Value*
Total Fat 10	g		15%
Saturated	Fat 6g		30%
Trans Fat	0g		
Cholesterol	35mg		12%
Sodium 35m	ng		1%
Total Carbo	hydrate 1	17g	6%
Dietary Fit	ber 0g		0%
Sugars 12	g		
Protein 3g			
Vitamin A 6%	έ • \	/itamin (2.0%
Calcium 10%		ron 0%	/ 0 / 0
*Percent Daily Va diet. Your daily va depending on you	alues are bas alues may be	ed on a 2,0 higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less Than Less Than	65g 20g 300mg	80g 25g 300 mg 2,400mg 375g 30g

3025 Blue Moon

Amount Per Serving		
	ories fror	n Fat 70
		aily Value
Total Fat 8g		12%
Saturated Fat 6g		30%
Trans Fat 0g		
		10%
Cholesterol 30mg		
Sodium 25mg		1%
Total Carbohydrate	21g	7%
Dietary Fiber 0g		0%
Sugars 15g		
Protein 2g		
	Vitamin	C 0%
Calcium 8% •	Iron%	
*Percent Daily Values are ba diet. Your daily values may 8 depending on your calorie no Calories:	be higher or	
Total Fat Less than Saturated Fat Less than Cholesterol Less than Sodium Less than Total Carbohydrate Dietary Fiber	20g 300mg	80g 25g 300 mg 2,400mg 375g 30g

3027 Blueberry Waffle Cone

		er	
Amount Per Ser	rving		
Calories 200) Cal	ories fron	n Fat 90
		% Da	ily Value
Total Fat 10	g		15%
Saturated	Fat 7g		35%
Trans Fat	0g		
Cholesterol	35mg		12%
Sodium 65n	ng		3%
Total Carbo	hvdrate	23a	8%
Dietary Fil		0	0%
Sugars 17			
Protein 3g	9		
- Totelli og			
Vitamin A 6%	6 •	Vitamin (0%
Calcium 8%	•	Iron 0%	
*Percent Daily V diet. Your daily v depending on yo	alues may b	e higher or	
Total Fat Saturated Fat Cholesterol	Less Than	65g 20g	80g 25g 300 mg

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

 Saturated Fat
 Less Than
 20g

 Cholesterol
 Less Than
 300mg

 Sodium
 Less Than
 300mg

 Total Carbohydrate
 300g
 2400mg

 Dietary Fiber
 25g
 25g
 80g 25g 300 mg 2,400mg 375g 30g ıg Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

3053 Cappuccino Choc Chip

Nutri	tion	Fa	cts
Serving Size Servings Per		er	
Amount Per Sen	ving		
Calories 140	Calc	ries fron	n Fat 60
		% Da	aily Value*
Total Fat 7g			11%
Saturated	Fat 4.5g		23%
Trans Fat	0g		
Cholesterol	25mg		8%
Sodium 30m	g		1%
Total Carbol	nydrate 1	l6g	5%
Dietary Fib	er 1g		4%
Sugars 10	g		
Protein 3g			
Vitamin A 4%		/itamin (0%
Calcium 8%	• 1	ron 4%	
*Percent Daily Va diet. Your daily va depending on you	alues may be	higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less Than Less Than Less Than Less Than te	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300 mg 2,400mg 375g 30g
Calories per gram	: arbohvdrate	4 · Prot	ein 4

Nutri Serving Size Servings Per	(72g)		cts
Amount Per Se	rving		
Calories 19	0 Calor	ies from	Fat 110
		% Da	aily Value*
Total Fat 12	g		18%
Saturated	Fat 4.5g		23%
Trans Fat	0g		
Cholesterol	20mg		7%
Sodium 95n	ng		4%
Total Carbo	hydrate 1	17g	6%
Dietary Fi	ber 1g		4%
Sugars 10)g		
Protein 5g	-		
Vitamin A 4%	۰ ۱	/itamin (0%
Calcium 8%	• 1	ron 4%	
*Percent Daily V diet. Your daily v depending on yo	alues may be	higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber		65g 20g 300mg 2,400mg 300g 25g	80g 25g 300 mg 2,400mg 375g 30g
Calories per gran Fat 9 • (3072 Choc 1	Carbohydrate		ein 4

3072 Choc Peanut Butter

Nutri Serving Size		га	Cts
Servings Pe		er	
Amount Per Se	rving		
Calories 19	Calor	ies from	Fat 100
		% Da	ily Value*
Total Fat 11	g		17%
Saturated	Fat 7g		35%
Trans Fat	0g		
Cholesterol	30mg		10%
Sodium 30n	na		1%
Total Carbo	<u> </u>	20a	7%
Dietary Fi			0%
Sugars 15	•		
Protein 3g	9		
Frotein og			
Vitamin A 6%	6 • V	∕itamin (0%
Calcium 8%	• 1	ron 2%	
*Percent Daily V diet. Your daily v depending on yo	alues may be	e higher or	
Total Fat	Less Than		2,500 80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than		300 mg
Sodium	Less Than	2,400mg 300g	2,400mg 375g
Total Carbohydra Dietary Fiber	400	300g 25g	375g 30g
Calories per gran	n	- 0	- 0
Fat 9 • (arbohydrate	A . Deat	ein 4

3062 Chocolate Chip

Serving Size 2.5 Servings Per Co			
Amount Per Serving	ei -		
Calories 180	Ca	lories from	n Fat 80
		% Da	ily Value'
Total Fat 9g			14%
Saturated Fat	6g		30%
Trans Fat 0g			
Cholesterol 35	ng		12%
Sodium 50mg			2%
Total Carbohyd	rate	22g	7%
Dietary Fiber	0q		0%
Sugars 13g			
Protein 2g			
r totom 29			
Vitamin A 6%	٠	Vitamin (0%
Calcium 8%	٠	Iron 0%	
*Percent Daily Values diet. Your daily values depending on your ca	s may l	be higher or l	
Total Fat Les Saturated Fat Les Cholesterol Les	s than s than s than s than	65g 20g 300mg	80g 25g 300 mg

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 C 0% Vitamin A 6% 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 300 mg 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

Amount Per Se				
Calories 18	0	Calc	ories from	n Fat 9
			% Da	aily Value
Total Fat 10)g			15%
Saturated	Fat	6g		30%
Trans Fat	0g			
Cholestero	35n	ng		129
Sodium 65r	ng			3%
Total Carbo	hvd	rate 2	20a	79
Dietary F				09
Sugars 14		9		•
Protein 3g	'y			
Protein Sy				
Vitamin A 69	%	• \	Vitamin (C 0%
Calcium 8%		• 1	ron 2%	
			e higher or	
*Percent Daily V diet. Your daily v depending on yo	alues) our cal Calo	orie nee	eds: 2,000	2,500

3073 Cinnamon Crumb Cake

3075 Cookies and Cream

Serving Size (72g) Servings Per Containe Amount Per Serving Calories 180 Calor	er	
Calarian 190 Color		
Calories 180 Calor	ries from	Fat 100
	% Da	aily Value*
Total Fat 11g		17%
Saturated Fat 7g		35%
Trans Fat 0g		
Cholesterol 35mg		12%
Sodium 60mg		3%
Total Carbohydrate	19g	6%
Dietary Fiber 0g		0%
Sugars 15g		
Protein 3g		
	Vitamin (0%
	Iron 0%	
*Percent Daily Values are ba diet. Your daily values may b depending on your calorie ne Calories	e higher or	
Total Fat Less Than Saturated Fat Less Than Cholesterol Less Than Sodium Less Than Total Carbohydrate Dietary Fiber		80g 25g 300 mg 2,400mg 375g 30g
Calories per gram: Fat 9 • Carbohydrate	e 4 • Prot	ein 4

Nutrition Facts Serving Size (72g) Servings Per Container ount Per Serving Calories from Fat 70 Calories 150 % Daily Value* Total Fat 8g 12% Saturated Fat 4.5g 23% Trans Fat 0g 10% Cholesterol 30mg 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 300 mg 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 Serving Size (72g) Servings Per Contain		cts
Amount Per Serving		
Calories 190 Calo	ories from I	Fat 100
	% Dai	ily Value*
Total Fat 11g		17%
Saturated Fat 7g		35%
Trans Fat 0g		
Cholesterol 35mg		12%
Sodium 70mg		3%
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 b diet. Your daily values may depending on your calorie r Calories	be higher or lo	
Total Fat Less Tha Saturated Fat Less Tha Cholesterol Less Tha Sodium Less Tha Total Carbohydrate Less Tha Dietary Fiber Calories per gram: Fat 9 Carbohydrate	n 65g n 20g n 300mg n 2,400mg 300g 25g	80g 25g 300 mg 2,400mg 375g 30g

3100 French Silk

Serving Size Servings Pe		er	
Amount Per Se	rving		
Calories 16	0 Calo	ries fron	n Fat 80
		% Da	aily Value
Total Fat 9g	1		14%
Saturated	Fat 6g		30%
Trans Fat	0g		
Cholestero	35mg		12%
Sodium 30r	ng		1%
Total Carbo	hvdrate 1	17g	6%
Dietary Fi	-	0	0%
Sugars 12	<u> </u>		
Protein 3g	-5		
5			
Vitamin A 69	% • \	/itamin (C 0%
Calcium 10%	6 • 1	ron 0%	
Percent Daily V diet. Your daily v depending on yo	alues may be	e higher or	
Total Fat Saturated Fat	Less Than Less Than Less Than	65g 20g 300mg 2,400mg	80g 25g 300 mg 2,400mg

Nutri Serving Size Servings Per	(72g)		cts
Amount Per Serv	ring		
Calories 160	Cal	ories from	m Fat 70
		% D	aily Value*
Total Fat 8g			12%
Saturated I	Fat 4.5g		23%
Trans Fat ()g		
Cholesterol	25mg		8%
Sodium 40m	g		2%
Total Carbon	nydrate	19g	6%
Dietary Fib	er 1g		4%
Sugars 13	3		
Protein 3g			
Vitamin A 4%	•	Vitamin	C 0%
Calcium 8%	•	Iron 4%	
*Percent Daily Val diet. Your daily va depending on you	lues may b	e higher or	
Saturated Fat Cholesterol	Less than Less than te	20g 300mg 2,400mg 300g 25g	375g 30g

3101 Fudgie Brownie

Serving Size Servings Pe			cts
Amount Per Se	rving		
Calories 19	0 Calor	ies from	Fat 10
		% Da	aily Value
Total Fat 12	g		18%
Saturated	Fat 6g		30%
Trans Fat	0g		
Cholesterol	30mg		10%
Sodium 55r	ng		2%
Total Carbo	hvdrate	19a	6%
Dietary Fi		- 0	49
Sugars 14	v		
Protein 3g	19		
Protein 5g			
Vitamin A 69	~· · ·	Vitamin (C 0%
Calcium 10%	6 • 1	ron 0%	
*Percent Daily V diet. Your daily v depending on yo	alues may be our calorie ne	e higher or eds:	lower
Total Fat	Calories Less Than	2,000	2,500
Saturated Fat Cholesterol Sodium Total Carbohydr Dietary Fiber	Less Than Less Than Less Than	20g	80g 25g 300 mg 2,400mg 375g 30g

3125 Mackinac Island Fudge

Nutri Serving Size Servings Per	(72g)		cts
Amount Per Ser	ving		
Calories 190) Calor	ies from	Fat 110
		% Da	ily Value*
Total Fat 13	g		20%
Saturated	Fat 6g		30%
Trans Fat	0g		
Cholesterol	35mg		12%
Sodium 30m			1%
Total Carbo	<u> </u>	6a	5%
Dietary Fit		-9	0%
Sugars 12	•		
Protein 3g	9		
Protein Sg			
Vitamin A 6%	ώ • \	/itamin (0%
Calcium 10%	• •	ron 2%	
*Percent Daily Va diet. Your daily va depending on you	alues may be	higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran Fat 9 • C		65g 20g 300mg 2,400mg 300g 25g	80g 25g 300 mg 2,400mg 375g 30g

3130 Maple Walnut

Amount Per Se	rving		
Calories 21	0 Calo	ories from	Fat 110
		% Da	aily Value
Total Fat 12	2g		18%
Saturated	Fat 6g		30%
Trans Fat	0g		
Cholestero	1 30mg		10%
Sodium 65r	ng		3%
Total Carbo	hydrate	21g	7%
Dietary Fi	ber 1g		4%
Sugars 16	3g		
Protein 3g			
Vitamin A 69		Vitamin (C 0%
	•	Iron 0%	
Calcium 8%			
Calcium 8% Percent Daily V diet. Your daily v depending on yo	'alues are b /alues may	be higher or	

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%

oataratea	i ai og		20/0
Trans Fat	0g		
Cholesterol	30mg		10%
Sodium 40r	ng		2%
Total Carbo	hydrate	17g	6%
Dietary Fi	ber 0g		0%
Sugars 13	3g		
Protein 2g			
Vitamin A 15	5% •	Vitamin (C 0%
Calcium 8%	•	Iron 0%	
*Percent Daily V diet. Your daily v depending on yo	alues may t	be higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydr Dietary Fiber	Less Than Less Than Less Than Less Than ate	65g 20g 300mg	80g 25g 300 mg 2,400mg 375g 30g
Calories per gra Fat 9 • 0	m: Carbohydrat	e 4 · Prot	ein 4

3131 Pumpkin

Nutrition Fac Serving Size (72g) Servings Per Container	ts
Amount Per Serving	
Calories 180 Calories from F	at 90
% Daily	Value*
Total Fat 10g	15%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 45mg	2%
Total Carbohydrate 21g	7%
Dietary Fiber 0g	0%
Sugars 16g	
Protein 3g	
Vitamin A 6% • Vitamin C 0 Calcium 8% • Iron 0%	%
*Percent Daily Values are based on a 2,000 diet. Your daily values may be higher or low depending on your calorie needs:	
Total Fat Less Than 65g 80 Saturated Fat Less Than 20g 25 Cholesterol Less Than 300mg 30 Sodium Less Than 2,400mg 2,400mg)g 5g 00 mg 400mg 75g)g

3190 Mud

Nutrition Facts Serving Size (72g) Servings Per Container

Calories 190) Calor	ies from	Fat 100
		% Da	aily Value'
Total Fat 11	g		17%
Saturated	Fat 7g		35%
Trans Fat	0g		
Cholesterol	35mg		12%
Sodium 30m	ng		1%
Total Carbo	hydrate	19g	6%
Dietary Fit	ber 0g		0%
Sugars 14	g		
Protein 3g			
Vitamin A 6%	/	Vitamin (2.0%
Vitamin A 6%	-		5 0%
Calcium 8%	•	ron 2%	
*Percent Daily Va diet. Your daily va depending on you	alues may b	e higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less Than Less Than Less Than Less Than te	20g 300mg	80g 25g 300 mg 2,400mg 375g 30g
	ne		

3150 Mint Chocolate Chip

Nutriti Serving Size (72	2g)		cts
Servings Per Co	ntaine	er	
Amount Per Serving			
Calories 190	Calc	ries fron	n Fat 90
		% Da	aily Value
Total Fat 10g			15%
Saturated Fat	5g		25%
Trans Fat 0g			
Cholesterol 30n	ng		10%
Sodium 100mg			4%
Total Carbohyd	rate 2	22g	7%
Dietary Fiber	0g		0%
Sugars 18g			
Protein 2g			
Vitamin A 6%	• \	/itamin (C 0%
Calcium 8%	• 1	ron 0%	
*Percent Daily Values diet. Your daily values depending on your cal Calo	may be	e higher or	
Total Fat Less Saturated Fat Less Cholesterol Less	s Than s Than s Than s Than s Than	65g 20g 300mg	80g 25g 300 mg

3200 New Orleans Praline Pecan

Serving Size (72g) Servings Per Containe		cts
Amount Per Serving		
Calories 180 Calo	ories fron	n Fat 80
	% Da	aily 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 ba diet. Your daily values may b depending on your calorie ne Calories	e higher or	
Total Fat Less Than Saturated Fat Less Than Cholesterol Less Than Sodium Less Than Total Carbohydrate Dietary Fiber Calories per gram: Fat 9 • Carbohydrate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300 mg 2,400mg 375g 30g

3225 Old Fashioned Vanilla

Servings Per	Contain	er	
Amount Per Ser	ving		
Calories 160) Cal	lories from	n Fat 70
		% Da	ally Value*
Total Fat 8g			12%
Saturated	Fat 4g		20%
Trans Fat	0g		
Cholesterol	20mg		7%
Sodium 40m	ng		2%
Total Carbo	hydrate	19g	6%
Dietary Fit			4%
Sugars 13	q		
Protein 3g	0		
- Totelli og			_
Vitamin A 4%	6 •	Vitamin (0%
Calcium 8%	•	Iron 4%	
*Percent Daily V diet. Your daily v depending on you	alues may 8	be higher or l	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less than Less than Less than Less than	65g 20g 300mg	80g 25g 300 mg 2,400mg 375g 30g

3260 Rocky Road

Amount Per Ser	ving		
Calories 190) Calor	ies from	Fat 100
		% Da	ily Value*
Total Fat 11g	g		17%
Saturated	Fat 7g		35%
Trans Fat	0g		
Cholesterol	35mg		12%
Sodium 35m	ig		1%
Total Carbol	hydrate 2	20g	7%
Dietary Fib	per 0g		0%
Sugars 15	g		
Protein 3g	-		
Vitamin A 6%		/itamin (:0%
Calcium 10%	• • •	ron 0%	
*Percent Daily Va diet. Your daily va depending on you	alues may be	higher or l	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less Than Less Than	65g 20g	80g 25g 300 mg 2,400mg 375g 30g

Amount Per Ser	ving		
Calories 190) Calor	ies from	Fat 100
		% Da	ily Value'
Total Fat 12	g		18%
Saturated	Fat 6g		30%
Trans Fat	0g		
Cholesterol	35mg		12%
Sodium 55n	ng		2%
Total Carbo	hydrate 1	17g	6%
Dietary Fil			4%
Sugars 12			
Protein 4g	9		
Frotein 4g			
Vitamin A 6%	6 • \	/itamin C	0%
	• 1	ron 2%	
Calcium 10%			
Calcium 10% *Percent Daily Va diet. Your daily va depending on you	alues may be	higher or l	

Nutrition Facts

3255 Pistachio

Nutrition Facts Serving Size (72g) Servings Per Container
Amount Per Serving
Calories 170 Calories from Fat 80
% Daily Value*
Total Fat 8g 12%
Saturated Fat 5g 25%
Trans Fat 0g
Cholesterol 30mg 10%
Sodium 45mg 2%
Total Carbohydrate 20g 7%
Dietary Fiber 0g 0%
Sugars 15g
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
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
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts Serving Size (72g) Servings Per Container

Amount Per Serving

Calories 150	0 Calc	ries fron	n Fat 70
		% Da	aily Value*
Total Fat 8g			12%
Saturated	Fat 4.5g		23%
Trans Fat	0g		
Cholesterol	30mg		10%
Sodium 25n	ng		1%
Total Carbo	hydrate 1	19g	6%
Dietary Fi	ber 0g		0%
Sugars 14	lg		
Protein 2g			
111- A 00	/ >	(h	0.00/
Vitamin A 6%	· · ·	/itamin (56%
Calcium 8%	• 1	ron 0%	
*Percent Daily V diet. Your daily v depending on yo	alues may be	higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less Than Less Than	20g 300mg	80g 25g 300 mg 2,400mg 375g 30g
Calories per gran	n: Carbohydrate		

3270 Rum Raisin

3275 Strawberry Chunk

Nutritio	ו Fa	cts
Serving Size (72g) Servings Per Contain	ner	
Amount Per Serving		
Calories 160 Ca	lories fron	n Fat 70
	% Da	aily 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 b diet. Your daily values may depending on your calorie r Calories	be higher or	
Total Fat Less Tha Saturated Fat Less Tha Cholesterol Less Tha Sodium Less Tha Total Carbohydrate Dietary Fiber Calories per gram:	n 65g n 20g n 300mg	80g 25g 300 mg 2,400mg 375g 30g
Fat 9 • Carbohydra	te 4 · Prot	ein 4

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3285 Superman

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Nutri		Fa	cts
Serving Size Servings Per		er	
Amount Per Ser	ving		
Calories 190) Calor	ies from	Fat 100
		% Da	aily Value*
Total Fat 11	g		17%
Saturated	Fat 6g		30%
Trans Fat	0g		
Cholesterol	30mg		10%
Sodium 55n	ng		2%
Total Carbo	hydrate 2	22g	7%
Dietary Fil			4%
Sugars 17	'a		
Protein 3g	5		
Vitamin A 6%	6 • \	/itamin (C 0%
Calcium 8%	• 1	ron 2%	
*Percent Daily Va diet. Your daily v depending on you	alues may be	e higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber		65g 20g 300mg 2,400mg 300g 25g	80g 25g 300 mg 2,400mg 375g 30g
Calories per gran Fat 9 • 0	n: Carbohydrate	4 · Prot	ein 4
3350 /	Turtle		

Nutri Serving Size Servings Per	(72g)		cts
Amount Per Serv	ring		
Calories 190	Calor	ies from	Fat 100
		% Da	aily Value*
Total Fat 11g	1		17%
Saturated F	Fat 8g		40%
Trans Fat 0)g		
Cholesterol	30mg		10%
Sodium 45m	g		2%
Total Carboh	ydrate 2	20g	7%
Dietary Fib	er 1g		4%
Sugars 15g	3		
Protein 3g			
Vitamin A 6%	• \	/itamin (C 0%
Calcium 8%	• 1	ron 0%	
*Percent Daily Val diet. Your daily val depending on your	lues may be	e higher or	
Saturated Fat Cholesterol		65g 20g 300mg 2,400mg 300g 25g	80g 25g 300 mg 2,400mg 375g 30g

3320 Toasted Coconut

Amount Per Ser	ving		
Calories 180) Cal	ories fron	n Fat 80
		% Da	aily Value*
Total Fat 9g			14%
Saturated	Fat 5g		25%
Trans Fat	0g		
Cholesterol	30mg		10%
Sodium 55m	ng		2%
Total Carbo	hydrate	24g	8%
Dietary Fit	per 0g		0%
Sugars 18	<u> </u>		
Protein 2g	5		
- Totom - g			
Vitamin A 6%	6 •	Vitamin (C 0%
Calcium 8%	•	Iron 0%	
*Percent Daily Va diet. Your daily va depending on you	alues may b	e higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less Than Less Than Less Than Less Than	65g 20g 300mg	80g 25g 300 mg

3355 Turtle Cheesecake

Nutri Serving Size Servings Per Amount Per Servings	e (72g) r Containe		cts
Calories 17	0 Calc	ries fron	n Fat 70
		% Da	ily Value*
Total Fat 8g			12%
Saturated	Fat 5g		25%
Trans Fat	0g		
Cholesterol	30mg		10%
Sodium 30n	ng		1%
Total Carbo	hydrate 2	21g	7%
Dietary Fi	ber 0g		0%
Sugars 16	Sg		
Protein 2g	-		
Vitamin A 89		/itamin (2%
Calcium 8%		ron 8%	
*Percent Daily V diet. Your daily v depending on yo	alues may be	e higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydri Dietary Fiber Calories per grau Fat 9 • 0		20g 300mg 2,400mg 300g 25g	80g 25g 300 mg 2,400mg 375g 30g

3340 Traverse City Cherry

Serving Size			
Servings Per	Containe	er	
Amount Per Ser	ving		
Calories 190) Calor	ies from	Fat 110
		% Da	aily Value
Total Fat 12	g		18%
Saturated	Fat 7g		35%
Trans Fat	0g		
Cholesterol	30mg		10%
Sodium 60m	ng		3%
Total Carbo	hydrate 2	21g	7%
Dietary Fit	ber 1g		4%
Sugars 15	g		
Protein 3g			
Vitamin A 6%	6 • 1	Vitamin (C 2%
Calcium 8%	•	ron 0%	
*Percent Daily Va diet. Your daily va depending on you	alues may b	e higher or	000 calorie lower 2,500
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less Than Less Than Less Than Less Than ate	20g	80g 25g 300 mg 2,400mg 375g 30g

3370 Banana Fudge Pie

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Nutrition Facts

Serving Size (72g) Servings Per Container

Amount Per Serving

ories fron % Da	iily Value* 15% 35% 12%
% Da	15% 35% 12%
	35% 12%
	12%
	2%
20g	7%
	0%
Vitamin C	0%
ron 0%	
e higher or l	
65g 20g 300mg 2,400mg 300g 25g	80g 25g 300 mg 2,400mg 375g 30g
	65g 20g 300mg 2,400mg 300g

3380 Key Lime Pie

Nutrition Facts Serving Size (72g) Servings Per Container

Amount Per Ser	ving		
Calories 90	Cal	ories fron	n Fat 20
		% Da	aily Value*
Total Fat 2g			3%
Saturated	Fat 1.5g		8%
Trans Fat	0g		
Cholesterol	10mg		3%
Sodium 60m	ıg		3%
Total Carbo	hydrate	18g	6%
Dietary Fit	ber 3g	-	12%
Sugars 4g			i
Sugar Alco	ohol 3g		
Protein 3g			
, in the second se			
Vitamin A 2%	· ·	Vitamin (2%
Calcium 10%	•	Iron 0%	
*Percent Daily Va diet. Your daily va depending on you	alues may b	e higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran Fat 9 • C		20g 300mg 2,400mg 300g 25g	80g 25g 300 mg 2,400mg 375g 30g ein 4

3687 NSA Caramel Ripple

Nutrition Facts

Nutration	ac
Serving Size (72g)	
Servings Per Container	

mount Per Serving

Calories 16	0 Ca	lories fro	m Fat
		% Da	aily Value
Total Fat 0.8	5g		1%
Saturated	Fat 0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 15n	ng		19
Total Carbo	hydrate	38g	13%
Dietary Fi	ber 0g		0%
Sugars 25	ōg		
Protein 1g			
Vitamin A 2%	· · ·	Vitamin (2%
Calcium 2%	•	ron 0%	
*Percent Daily V diet. Your daily v depending on yo	alues may b	e higher or	
Total Fat Saturated Fat Cholesterol Sodium	Less Than Less Than Less Than Less Than ate	20g 300mg	80g 25g 300 mg 2,400mg 375g

3670 Peach Yogurt

Nutrition Serving Size (72g) Servings Per Contain		cts
Amount Per Serving		
Calories 130 Calo	ories fron	n Fat 70
	% Da	ily Value*
Total Fat 7g		11%
Saturated Fat 2.5g		13%
Trans Fat 0g		
Cholesterol 10mg		3%
Sodium 40mg		2%
Total Carbohydrate	16g	5%
Dietary Fiber 4g		16%
Sugars 4g		
Protein 3g		
Vitamin A 2% •	Vitamin (2%
Calcium 10% ·	ron 0%	
*Percent Daily Values are ba diet. Your daily values may b depending on your calorie ne Calories	e higher or l	
Total Fat Less Than Saturated Fat Less Than Cholesterol Less Than Sodium Less Than Total Carbohydrate Dietary Fiber Calories per gram: Fat 9 • Carbohydrate		

3689 NSA Chocolate Ripple

Nutrition Facts Serving Size (72g)

Servings Per Container

Amount Per Serving

Calories 17	0 Calc	ries fron	n Fat 10
		% Da	aily Value*
Total Fat 1g	1		2%
Saturated	Fat 0.5g		3%
Trans Fat	0g		
Cholesterol	Omg		0%
Sodium 25n	ng		1%
Total Carbo	hvdrate 4	41a	14%
Dietary Fi		0	4%
Sugars 27			
Protein 1g	9		
riotein ig			
Vitamin A 0%	۰ v	/itamin (C 0%
Calcium 4%	• 1	ron 2%	
*Percent Daily V diet. Your daily v depending on yo	alues may be	higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydri Dietary Fiber Calories per grai		65g 20g 300mg	80g 25g 300 mg 2,400mg 375g 30g
	Carbohydrate	4 · Prot	ein 4

3635 Chocolate Yogurt

Nutrition Serving Size (90g) Servings Per Contain		cts
Amount Per Serving		
Calories 80 Ca	lories fro	m Fat 0
	% Da	aily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol Omg		0%
Sodium 5mg		
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 ba diet. Your daily values may b depending on your calorie ne Calories	e higher or	
Total Fat Less Than Saturated Fat Less Than Cholesterol Less Than Sodium Less Than Total Carbohydrate Diatray Fiber Calories per gram: Fat 9 • Carbohydrate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300 mg 2,400mg 375g 30g

3725 Lemon Sorbetto

Serving Size (90g Servings Per Cont	
Amount Per Serving	
Calories 90	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0	g 0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydra	ate 19g 6%
Dietary Fiber 0g	0%
Sugars 16g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	• Iron 0%
	re based on a 2,000 calorie hay be higher or lower ie needs:
Total Fat Less T Saturated Fat Less T Cholesterol Less T Sodium Less T Total Carbohydrate Dietary Fiber Calories per gram: Fat 9 • Carbohy	Than 20g 25g Than 300mg 300 mg Than 2,400mg 2,400mg 300g 375g 25g 30g

3745 Raspberry Sorbetto

Serving Size			
Servings Pe	r Containe	er	
Amount Per Se	rving		
Calories 17	0 Calc	ries fron	n Fat 90
		% Da	ily Value*
Total Fat 9g			14%
Saturated	Fat 6g		30%
Trans Fat	0g		
Cholesterol 35mg		12%	
Sodium 35n	ng		1%
Total Carbo	hydrate 1	7g	6%
Dietary Fi	ber 0g		0%
Sugars 12	2g		
Protein 3g	-		
Vitamin A 6%	6 • \	/itamin C	0%
Calcium 10%	6 • 1	ron 0%	
*Percent Daily V diet. Your daily v depending on yo	alues may be	higher or l	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less Than Less Than Less Than Less Than ate	20g	80g 25g 300 mg 2,400mg 375g 30g
Calories per gran	n:	4 • Prote	