



Ice Cream Nutritional Statement

																									
	Serving Weight (g)	Size	Calories	Calories from Fat	Total Fat (g)	% of Daily Value**	Saturated Fat (g)	% of Daily Value**	Trans Fat (g)	Cholesterol (mg)	% of Daily Value**	Sodium (mg)	% of Daily Value**	Total Carbohydrate (g)	% of Daily Value**	Dietary Fiber (g)	% of Daily Value**	Sugar (g)	Sugar Alcohols (g)	Protein (g)	Vitamin A (% daily value)	Vitamin C (% daily value)	Calcium (% daily value)	Iron (% daily value)	
Ice Cream																									
Amaretto Ice Cream	142	Like it	330	180	20	31%	12	60%	0.5	80	27%	80	3%	33	11%	0	0%	29	0	5	15	2	20	0	0
Amaretto Ice Cream	227	Love it	530	280	31	48%	20	100%	1.0	125	42%	130	5%	53	18%	0	0%	46	0	8	25	4	30	0	0
Amaretto Ice Cream	340	Gotta Have it	790	420	47	72%	30	150%	1.5	185	62%	190	8%	80	27%	0	0%	69	0	12	35	6	45	0	0
Banana Ice Cream	142	Like it	310	160	18	28%	12	60%	0.5	70	23%	70	3%	33	11%	0	0%	28	0	5	15	4	15	0	0
Banana Ice Cream	227	Love it	500	260	29	45%	18	90%	1.0	115	38%	115	5%	53	18%	0	0%	46	0	8	20	6	25	0	0
Banana Ice Cream	340	Gotta Have it	750	390	44	68%	28	140%	1.0	175	58%	170	7%	80	27%	<1	4%	68	0	11	35	10	40	0	0
Black Cherry Ice Cream	142	Like it	330	170	19	29%	12	60%	0.5	75	25%	75	3%	36	12%	0	0%	32	0	5	15	2	15	0	0
Black Cherry Ice Cream	227	Love it	530	270	30	46%	19	95%	1.0	120	40%	120	5%	58	19%	0	0%	51	0	8	20	4	25	0	0
Black Cherry Ice Cream	340	Gotta Have it	790	400	44	68%	28	140%	1.0	175	58%	180	8%	86	29%	0	0%	76	0	11	35	6	40	0	0
Blueberry Muffin Ice Cream	142	Like it	330	170	19	29%	12	60%	0.5	70	23%	120	5%	38	13%	0	0%	32	0	5	15	0	10	2	0
Blueberry Muffin Ice Cream	227	Love it	530	270	30	46%	20	100%	1.0	115	38%	190	8%	61	20%	0	0%	52	0	9	25	0	20	2	0
Blueberry Muffin Ice Cream	340	Gotta Have it	800	410	45	69%	30	150%	1.5	170	57%	280	12%	91	30%	0	0%	78	0	13	35	0	25	2	0
Butter Pecan Ice Cream	142	Like it	320	170	19	29%	12	60%	0.5	75	25%	105	4%	32	11%	0	0%	28	0	5	15	2	15	0	0
Butter Pecan Ice Cream	227	Love it	520	280	31	48%	20	100%	1.0	125	42%	170	7%	53	18%	0	0%	45	0	8	25	4	30	0	0
Butter Pecan Ice Cream	340	Gotta Have it	780	420	47	72%	30	150%	1.5	185	62%	260	11%	79	26%	0	0%	68	0	12	35	6	40	0	0
Cake Batter Ice Cream™	142	Like it	340	170	19	29%	12	60%	0.5	70	23%	180	8%	41	14%	0	0%	32	0	5	15	2	20	2	0
Cake Batter Ice Cream™	227	Love it	550	270	30	46%	19	95%	1.0	115	38%	280	12%	66	22%	0	0%	51	0	8	20	4	30	4	0
Cake Batter Ice Cream™	340	Gotta Have it	830	410	45	69%	28	140%	1.5	170	57%	420	18%	99	33%	0	0%	76	0	12	30	4	45	6	0
Cheesecake Ice Cream	142	Like it	330	160	18	28%	11	55%	0.5	70	23%	75	3%	37	12%	0	0%	31	0	5	15	2	15	0	0
Cheesecake Ice Cream	227	Love it	520	260	29	45%	18	90%	1.0	115	38%	120	5%	59	20%	0	0%	49	0	8	20	4	30	0	0
Cheesecake Ice Cream	340	Gotta Have it	790	390	43	66%	27	135%	1.0	170	57%	180	18%	89	30%	0	0%	74	0	11	35	4	40	0	0
Chocolate Ice Cream	142	Like it	320	180	20	31%	13	65%	0.5	75	25%	95	4%	33	11%	1	5%	30	0	6	15	2	20	2	0
Chocolate Ice Cream	227	Love it	520	290	32	49%	20	100%	1.0	125	42%	160	7%	53	18%	2	7%	48	0	9	25	4	30	4	0
Chocolate Ice Cream	340	Gotta Have it	780	430	48	74%	30	150%	1.5	185	62%	230	10%	79	26%	3	11%	71	0	13	35	6	45	6	0
Chocolate Cake Batter Ice Cream™	142	Like it	340	170	19	29%	11	55%	0.5	70	23%	210	9%	42	14%	1	5%	33	0	5	15	2	20	4	0
Chocolate Cake Batter Ice Cream™	227	Love it	550	270	30	46%	18	90%	1.0	110	37%	340	14%	68	23%	2	7%	53	0	9	20	4	30	6	0
Chocolate Cake Batter Ice Cream™	340	Gotta Have it	820	400	45	69%	27	135%	1.5	160	53%	510	21%	101	34%	3	11%	79	0	13	30	4	45	10	0
Chocolate Raspberry Truffle Ice Cream	142	Like it	320	160	17	26%	12	60%	0.0	25	8%	100	4%	39	13%	1	4%	36	0	4	15	10	15	6	0
Chocolate Raspberry Truffle Ice Cream	227	Love it	510	250	28	43%	19	95%	1.0	45	15%	160	7%	63	21%	2	8%	58	0	7	20	20	25	10	0
Chocolate Raspberry Truffle Ice Cream	340	Gotta Have it	760	380	42	65%	29	145%	1.0	35	22%	240	10%	95	32%	3	12%	87	0	10	35	30	40	15	0
Cinnamon Ice Cream	142	Like it	330	180	20	31%	12	60%	0.5	80	27%	80	3%	34	11%	<1	3%	29	0	5	15	2	20	4	0
Cinnamon Ice Cream	227	Love it	530	280	32	49%	20	100%	1.0	125	42%	125	5%	55	18%	1	4%	46	0	8	20	4	30	6	0
Cinnamon Ice Cream	340	Gotta Have it	790	430	47	72%	30	150%	1.5	185	62%	190	8%	82	27%	2	6%	69	0	12	35	6	45	8	0
Cinnamon Bun Ice Cream	142	Like it	370	190	21	32%	12	60%	0.5	70	23%	100	4%	43	14%	0	0%	36	0	4	15	2	15	2	0
Cinnamon Bun Ice Cream	227	Love it	600	300	33	51%	19	95%	1.0	115	38%	160	7%	68	23%	0	0%	57	0	7	20	4	25	4	0
Cinnamon Bun Ice Cream	340	Gotta Have it	890	450	50	77%	29	145%	1.5	170	57%	240	10%	102	34%	<1	2%	86	0	11	30	6	40	6	0
Coconut Ice Cream	142	Like it	330	180	20	31%	12	60%	0.5	75	25%	80	3%	33	11%	0	0%	28	0	5	15	2	20	0	0
Coconut Ice Cream	227	Love it	520	280	31	48%	20	100%	1.0	125	42%	125	5%	52	17%	0	0%	45	0	8	25	4	30	0	0
Coconut Ice Cream	340	Gotta Have it	780	420	47	72%	30	150%	1.5	185	62%	190	8%	79	26%	0	0%	68	0	12	35	6	40	0	0
Coffee Ice Cream	142	Like it	330	180	20	31%	12	60%	0.5	80	27%	80	3%	34	11%	0	0%	29	0	5	15	2	20	0	0
Coffee Ice Cream	227	Love it	530	280	31	48%	20	100%	1.0	125	42%	125	5%	54	18%	0	0%	46	0	8	25	4	30	0	0
Coffee Ice Cream	340	Gotta Have it	790	420	47	72%	30	150%	1.5	185	62%	190	8%	81	27%	0	0%	69	0	12	35	6	45	2	0
Cookie Batter Ice Cream	142	Like it	380	180	20	31%	11	55%	0.0	65	22%	240	10%	44	15%	0	0%	34	0	5	10	0	15	0	0
Cookie Batter Ice Cream	227	Love it	600	290	32	49%	17	85%	1.0	105	35%	380	16%	71	24%	0	0%	54	0	7	20	4	25	0	0
Cookie Batter Ice Cream	340	Gotta Have it	900	440	49	75%	26	130%	1.0	155	52%	570	24%	107	36%	0	0%	81	0	11	30	4	40	2	0
Cotton Candy Ice Cream	142	Like it	330	170	19	29%	12	60%	0.5	75	25%	75	3%	34	11%	0	0%	28	0	5	15	2	20	0	0
Cotton Candy Ice Cream	227	Love it	530	280	31	48%	20	100%	1.0	125	42%	120	5%	55	18%	0	0%	45	0	8	25	4	30	0	0
Cotton Candy Ice Cream	340	Gotta Have it	790	420	47	72%	29	145%	1.5	185	62%	180	8%	82	27%	0	0%	68	0	12	35	6	40	0	0
Dark Chocolate Ice Cream	142	Like it	340	180	20	31%	12	60%	0.5	75	25%	95	4%	32	11%	3	12%	29	0	7	15	2	20	2	0
Dark Chocolate Ice Cream	227	Love it	540	280	32	49%	20	100%	1.0	115	38%	150	6%	51	17%	5	20%	46	0	11	20	4	30	4	0
Dark Chocolate Ice Cream	340	Gotta Have it	800	420	47	72%	30	150%	1.0	175	58%	230	10%	77	26%	7	29%	68	0	16	35	6	45	6	0
Dark Chocolate Peppermint Ice Cream	142	Like it	340	180	20	31%	12	60%	0.5	75	25%	95	4%	32	11%	3	12%	29	0	7	15	2	20	2	0
Dark Chocolate Peppermint Ice Cream	227	Love it	540	280	32	49%	20	100%	1.0	115	38%	150	6%	54	18%	5	19%	45	0	11	20	4	30	4	0
Dark Chocolate Peppermint Ice Cream	340	Gotta Have it	810	420	47	72%	29	145%	1.0	175	58%	230	10%	80	27%	7	28%	68	0	16	35	6	45	6	0
Egg Nog Ice Cream	142	Like it	260	140	15	23%	10	50%	0.0	80	27%	65	3%	26	9%	0	0%	21	0	5	10	2	15	0	0
Egg Nog Ice Cream	227	Love it																							

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		Serving Weight (g)	Size	Calories	Calories from Fat	Total Fat (g)	% of Daily Value**	Saturated Fat (g)	% of Daily Value**	Trans Fat (g)	Cholesterol (mg)	% of Daily Value**	Sodium (mg)	% of Daily Value**	Total Carbohydrate (g)	% of Daily Value**	Dietary Fiber (g)	% of Daily Value**	Sugar (g)	Sugar Alcohols (g)	Protein (g)	Vitamin A (% daily value)	Vitamin C (% daily value)	Calcium (% daily value)	Iron (% daily value)
Mango Ice Cream	142	Like it	310	160	18	28%	12	60%	0.5	70	23%	70	3%	33	11%	0	0%	28	0	5	15	8	15	0	
Mango Ice Cream	227	Love it	490	260	29	45%	18	90%	1.0	115	38%	115	5%	53	18%	0	0%	45	0	7	25	10	25	0	
Mango Ice Cream	340	Gotta Have it	740	390	44	68%	28	140%	1.0	175	58%	170	7%	80	27%	0	0%	68	0	11	35	20	40	0	
Marshmallow Ice Cream	142	Like it	330	160	17	26%	12	60%	0.0	65	22%	50	2%	41	14%	0	0%	35	0	5	15	0	10	0	
Marshmallow Ice Cream	227	Love it	530	250	28	43%	18	90%	1.0	105	35%	80	3%	66	22%	0	0%	56	0	8	25	0	15	0	
Marshmallow Ice Cream	340	Gotta Have it	790	370	41	63%	28	140%	1.0	160	53%	120	5%	99	33%	0	0%	83	0	12	35	0	25	0	
Mint Ice Cream	142	Like it	330	170	19	29%	12	60%	0.5	75	25%	75	3%	36	12%	0	0%	31	0	5	15	2	15	0	
Mint Ice Cream	227	Love it	530	270	30	46%	19	95%	1.0	120	40%	120	5%	57	19%	0	0%	50	0	8	25	4	30	0	
Mint Ice Cream	340	Gotta Have it	790	410	45	69%	29	145%	1.5	180	60%	180	8%	86	29%	0	0%	75	0	12	35	6	45	0	
Mocha Ice Cream	142	Like it	320	180	20	31%	12	60%	0.5	75	25%	95	4%	33	11%	1	4%	29	0	6	15	2	20	2	
Mocha Ice Cream	227	Love it	520	280	31	48%	20	100%	1.0	120	40%	150	6%	53	18%	2	7%	47	0	9	25	4	30	4	
Mocha Ice Cream	340	Gotta Have it	780	420	47	72%	30	150%	1.5	180	60%	230	10%	80	27%	3	11%	70	0	14	35	6	45	6	
Nutter Butter Ice Cream	142	Like it	390	220	24	37%	13	65%	0.0	65	22%	210	9%	41	14%	0	0%	35	0	6	15	0	10	0	
Nutter Butter Ice Cream	227	Love it	630	350	39	60%	20	100%	0.5	105	35%	330	14%	65	22%	0	0%	56	0	9	20	0	15	0	
Nutter Butter Ice Cream	340	Gotta Have it	940	530	59	91%	30	150%	1.0	160	53%	500	21%	98	33%	0	0%	84	0	14	35	0	20	0	
Oatmeal Cookie Batter Ice Cream	142	Like it	340	170	19	29%	12	60%	0.5	75	25%	110	5%	36	12%	0	0%	28	0	5	15	2	20	4	
Oatmeal Cookie Batter Ice Cream	227	Love it	540	280	31	48%	19	95%	1.0	120	40%	170	7%	58	19%	<1	2%	45	0	9	30	4	30	6	
Oatmeal Cookie Batter Ice Cream	340	Gotta Have it	810	420	46	71%	29	145%	1.5	180	60%	260	11%	87	29%	<1	2%	68	0	13	40	6	45	8	
Orange Dreamsicle Ice Cream	142	Like it	320	170	19	29%	12	60%	0.5	75	25%	75	3%	35	12%	0	0%	28	0	5	15	2	15	0	
Orange Dreamsicle Ice Cream	227	Love it	510	270	30	46%	19	95%	1.0	120	40%	120	5%	55	18%	0	0%	45	0	8	25	4	25	0	
Orange Dreamsicle Ice Cream	340	Gotta Have it	760	400	45	69%	28	140%	1.5	180	60%	180	8%	83	28%	0	0%	68	0	11	35	6	40	0	
Peanut Butter Ice Cream	142	Like it	370	220	24	37%	13	65%	0.5	75	25%	130	5%	33	11%	<1	3%	28	0	7	15	2	15	0	
Peanut Butter Ice Cream	227	Love it	590	350	39	60%	20	100%	1.0	115	38%	210	9%	53	18%	1	4%	44	0	12	20	4	25	2	
Peanut Butter Ice Cream	340	Gotta Have it	890	520	58	89%	30	150%	1.0	175	58%	310	13%	79	26%	2	6%	66	0	18	35	6	40	4	
Pecan Praline Ice Cream	142	Like it	330	170	19	29%	12	60%	0.5	75	25%	90	4%	37	12%	0	0%	31	0	5	15	2	15	0	
Pecan Praline Ice Cream	227	Love it	530	270	30	46%	19	95%	1.0	115	38%	150	6%	58	19%	0	0%	49	0	8	20	4	25	0	
Pecan Praline Ice Cream	340	Gotta Have it	800	400	45	69%	28	140%	1.0	175	58%	220	9%	88	29%	0	0%	73	0	11	35	6	40	0	
Pistachio Ice Cream	142	Like it	330	180	20	31%	12	60%	0.5	80	27%	85	4%	34	11%	0	0%	29	0	5	15	2	20	0	
Pistachio Ice Cream	227	Love it	520	280	31	48%	20	100%	1.0	125	42%	135	6%	54	18%	0	0%	46	0	8	25	4	30	0	
Pistachio Ice Cream	340	Gotta Have it	780	420	47	72%	30	150%	1.5	185	62%	200	8%	80	27%	0	0%	70	0	12	35	6	45	0	
Pumpkin Ice Cream	142	Like it	290	140	15	23%	10	50%	0.0	60	20%	105	4%	33	11%	1	5%	28	0	4	10	0	15	0	
Pumpkin Ice Cream	227	Love it	460	220	24	37%	15	75%	0.5	95	32%	170	7%	53	18%	2	8%	45	0	7	20	2	20	0	
Pumpkin Ice Cream	340	Gotta Have it	680	330	37	57%	23	115%	1.0	145	48%	260	11%	80	27%	3	11%	67	0	10	25	4	35	0	
Raspberry Ice Cream	142	Like it	330	170	19	29%	12	60%	0.5	75	25%	75	3%	36	12%	0	0%	31	0	5	15	15	20	6	
Raspberry Ice Cream	227	Love it	520	270	30	46%	19	95%	1.0	120	40%	125	5%	57	19%	0	0%	50	0	8	25	25	30	10	
Raspberry Ice Cream	340	Gotta Have it	780	400	44	68%	28	140%	1.0	175	58%	180	8%	85	28%	0	0%	75	0	12	35	35	40	15	
Sinless Sans Fat™ Sweet Cream**	142	Like it	140	0	0	0%	0	0%	0.0	<5	2%	110	5%	34	11%	<1	3%	9	15	6	8	0	20	0	
Sinless Sans Fat™ Sweet Cream**	227	Love it	220	0	0	0%	0	0%	0.0	5	2%	180	7%	55	18%	1	4%	15	24	10	10	4	35	0	
Sinless Sans Fat™ Sweet Cream**	340	Gotta Have it	330	0	0	0%	0	0%	0.0	10	3%	270	11%	83	28%	2	7%	22	36	15	15	4	50	0	
Low-Fat Cake Batter made with Sinless	142	Like it	170	10	1	2%	0	0%	0.0	<5	2%	200	8%	42	14%	<1	3%	14	14	6	6	0	20	2	
Low-Fat Cake Batter made with Sinless	227	Love it	270	15	1.5	2%	0.5	3%	0.0	<5	2%	330	14%	67	22%	1	5%	22	22	10	10	2	35	4	
Low-Fat Cake Batter made with Sinless	340	Gotta Have it	410	25	4	1%	1	5%	0.0	5	2%	490	20%	101	34%	2	7%	34	33	14	15	4	50	6	
Strawberry Ice Cream	142	Like it	320	170	18	28%	12	60%	0.5	75	25%	75	3%	35	12%	0	0%	30	0	5	15	8	15	0	
Strawberry Ice Cream	227	Love it	510	270	30	46%	19	95%	1.0	115	38%	120	5%	55	18%	0	0%	48	0	8	20	10	25	0	
Strawberry Ice Cream	340	Gotta Have it	770	400	44	68%	28	140%	1.0	175	58%	180	8%	83	28%	0	0%	72	0	11	35	15	40	0	
Sweet Cream Ice Cream	142	Like it	330	180	20	31%	13	65%	0.5	80	27%	80	3%	33	11%	0	0%	29	0	5	15	2	20	0	
Sweet Cream Ice Cream	227	Love it	530	290	32	49%	20	100%	1.0	125	42%	125	5%	53	18%	0	0%	46	0	8	25	4	30	0	
Sweet Cream Ice Cream	340	Gotta Have it	790	430	48	74%	30	150%	1.5	190	63%	190	8%	80	27%	0	0%	70	0	12	35	6	45	0	
Vanilla Bean Ice Cream	142	Like it	330	170	19	29%	12	60%	0.5	75	25%	75	3%	32	11%	0	0%	28	0	5	15	2	15	0	
Vanilla Bean Ice Cream	227	Love it	530	280	31	48%	19	95%	1.0	120	40%	120	5%	52	17%	0	0%	45	0	8	25	4	30	0	
Vanilla Bean Ice Cream	340	Gotta Have it	790	410	46	71%	29	145%	1.5	180	60%	180	8%	77	26%	0	0%	67	0	12	35	6	40	0	
White Chocolate Ice Cream	142	Like it	320	170	19	29%	12	60%	0.5	75	25%	75	3%	33	11%	0	0%	28	0	5	15	2	20	0	
White Chocolate Ice Cream	227	Love it	520	280	31	48%	20	100%	1.0	125	42%	125	5%	53	18%	0	0%	45	0	8	25	4	30	0	
White Chocolate Ice Cream	340	Gotta Have it	780	420	47	72%	29	145%	1.5	185	62%	180	8%	79	26%	0	0%	68	0	12	35	6	40	0	
Sorbet and Yogurt																									
Lemon Sorbet	142	Like it	150	0	0	0%	0	0%	0.0	0	0%	15	1%	40	13%	0	0%	34	0	0	0	4	0	0	
Lemon Sorbet	227	Love it	250	0	0	0%	0	0%	0.0	0	0%	25	1%	64	21%	0	0%	54	0	0	0	6	0	0	
Lemon Sorbet	340	Gotta Have it	370	0	0	0%	0	0%	0.0	0	0%	35	1%	96	32%	<1	3%	81	0	0	0	10	0	0	
Raspberry Sorbet	142	Like it	160	0	0	0%	0	0%	0.0	0	0%	15	1%	42	14%	0	0%	36	0	0	0	15	0	6	
Raspberry Sorbet	227	Love it	260	0	0	0%	0	0%	0.0	0	0%	30	1%	67	22%	0	0%	58	0	0	0	20	0	10	
Raspberry Sorbet	340	Gotta Have it	390	0	0	0%	0	0%	0.0	0	0%	40	2%	101	34%	<1	2%	87	0	0	0	30	0	15	
Watermelon Sorbet	142	Like it	160	0	0	0%	0	0%	0.0	0	0%	15	1%	41	14%	0	0%	35	0	0	0	0	0	0	
Watermelon Sorbet	227	Love it	260	0	0	0%	0	0%	0.0	0	0%	25	1%	66	22%	0	0%	56	0	0	0	0	0	0	
Watermelon Sorbet	340	Gotta Have it	380	0	0	0%	0	0%	0.0	0	0%	40	2%	99	33%	<1	2%	84	0	0	0	0	0	0	
Nrgize Yogurt	142	Like it	140	0	0	0%	0	0%	0.0	0	0%	70	3%	33	11%	0	0%	24	0	3	0	0	15	0	
Nrgize Yogurt	227	Love it	230	0	0	0%	0	0%	0.0	0	0%	115	5%	53	18%	0	0%	38	0	5	0	0	20	0	
Nrgize Yogurt	340	Gotta Have it	340	0	0	0%	0	0%	0.0	0	0%	170	7%	79	26%	0	0%	57	0	8	0	0	30	0	