



Nutritional Information for Mix-Ins and Waffle Products

	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**	Sugars (g)	Sugar Alcohols (g)	Protein (g)	Vitamin A (% daily value)**	Vitamin C (% daily value)**	Calcium (% daily value)**	Iron (% daily value)**	
	Candy																								
Butterfinger® Candy	30	1/2 bar	140	50	6	9%	3	15%	0.0	0	0%	65	3%	22	7%	<1	2%	15	0	2	0	0	0	0	0
Chocolate Chips	25	1 oz	130	60	7	11%	4.5	22%	0.0	0	0%	0	0%	16	5%	1	6%	14	0	1	0	4	0	0	0
Chocolate Shavings	17	.5 oz	90	45	5	8%	3	19%	0.0	0	0%	0	0%	9	3%	2	7%	8	0	<1	0	0	0	0	0
Nestle® Crunch Bar	25	1/2 bar	130	60	7	10%	4	19%	0.0	<5	1%	35	1%	16	5%	<1	3%	14	0	2	0	0	4	0	0
Gummi Bears	30	1 oz	120	0	0	0%	0	0%	0.0	0	0%	15	1%	30	10%	0	0%	13	0	0	0	0	0	0	0
Heath® Candy Bar	20	1 bar	110	60	7	11%	3.5	18%	0.0	5	2%	75	3%	12	4%	0	1%	12	0	<1	0	0	0	0	0
Kit Kat® Candy Bar	20	1/2 bar	110	50	5	8%	3.5	18%	0.0	0	0%	15	1%	13	4%	0	2%	10	0	1	0	0	2	0	0
M & M's® Candy	35	1 oz	170	70	7	11%	4.5	23%	0.0	<5	2%	20	1%	25	8%	<1	4%	22	0	2	0	0	4	2	0
Reese's® Peanut Butter Cup	35	1 piece	190	100	11	17%	4	20%	0.0	0	0%	110	5%	19	6%	1	5%	17	0	4	0	0	2	2	0
Snickers® Candy	35	1/2 bar	170	80	9	13%	3	16%	0.0	<5	2%	95	4%	21	7%	<1	4%	17	0	3	0	0	4	0	0
White Chocolate Chips	30	1 oz	160	80	9	14%	8	41%	0.0	<5	1%	45	2%	18	6%	0	0%	18	0	2	0	0	8	0	0
Almond Joy® Candy	35	1 piece	170	80	9	15%	6	31%	0.0	0	0%	50	2%	21	7%	2	7%	16	0	1	0	0	2	2	0
Gumballs	35	1 oz	90	0	0	0%	0	0%	0.0	0	0%	0	0%	23	8%	<1	3%	24	NA	0	0	0	0	0	0
Ghirardelli Caramel Square	15	1 each	70	35	4	6%	2.5	13%	0.0	5	2%	20	1%	9	3%	0	0%	8	0	1	0	0	2	2	0
Peanut M & M's®	30	1 oz	150	70	8	12%	3.5	18%	0.0	<5	1%	30	1%	18	6%	<1	4%	14	0	3	0	0	4	2	0
Reese's® Pieces	35	1 oz	180	80	9	14%	6	30%	0.0	0	0%	70	3%	21	7%	1	4%	19	0	4	0	0	2	0	0
Twix® Candy	30	1 piece	150	70	7	11%	2.5	13%	0.0	0	0%	60	2%	20	7%	0	0%	14	0	1	0	0	2	0	0
Whoppers® Candy	25	1 oz	120	40	4	6%	3.5	18%	0.0	0	0%	85	3%	19	6%	0	0%	15	0	1	0	0	0	0	0
York® Peppermint Patties	30	2 pieces	120	20	2	3%	1.5	8%	0.0	0	0%	10	0%	24	8%	<1	2%	18	0	<1	0	0	0	0	0
Fruit																									
Apple Pie Filling	60	3/4 oz	60	0	0	0%	0	0%	0.0	0	0%	25	1%	16	5%	<1	2%	14	0	0	0	0	0	0	0
Bananas	60	1/2	50	0	0	0%	0	0%	0.0	0	0%	0	0%	14	5%	2	6%	9	0	<1	0	8	0	0	0
Blackberries	30	3/4 oz	10	0	0	0%	0	0%	0.0	0	0%	0	0%	2	1%	<1	2%	2	NA	0	0	0	0	0	0
Black Cherries	35	3/4 oz	80	0	0	0%	0	0%	0.0	0	0%	10	0%	18	6%	0	1%	17	0	0	0	0	0	0	0
Blueberries	15	3/4 oz	10	0	0	0%	0	0%	0.0	0	0%	0	0%	2	1%	0	1%	2	0	0	0	0	0	0	0
Cherry Pie Filling	45	3/4 oz	50	0	0	0%	0	0%	0.0	0	0%	10	0%	13	4%	0	1%	0	0	0	0	2	0	0	0
Maraschino Cherries	5	1	5	0	0	0%	0	0%	0.0	0	0%	0	0%	1	0%	0	0%	1	0	0	0	0	0	0	0
Pineapple Chunks	25	3/4 oz	15	0	0	0%	0	0%	0.0	0	0%	0	0%	4	1%	0	0%	4	0	0	0	4	0	0	0
Raspberries	35	3/4 oz	25	0	0	0%	0	0%	0.0	0	0%	0	0%	5	2%	1	6%	2	0	0	0	4	0	4	0
Strawberries	45	3/4 oz	20	0	0	0%	0	0%	0.0	0	0%	0	0%	7	2%	<1	4%	4	0	0	0	45	0	0	0
Peach Pie Filling	60	1 oz	60	0	0	0%	0	0%	0.0	0	0%	25	1%	16	5%	<1	2%	14	0	0	0	0	0	0	0
Raisins	25	1 oz	70	0	0	0%	0	0%	0.0	0	0%	0	0%	20	7%	<1	4%	16	0	<1	0	0	0	0	2
Other Mix-ins																									
Coconut	15	.5 oz	80	50	5	8%	4.5	24%	0.0	0	0%	40	2%	7	2%	<1	3%	6	0	0	0	0	0	0	0
Cookie Dough	40	1 piece	180	70	8	12%	2.5	13%	0.0	5	2%	150	6%	26	9%	0	2%	26	0	1	0	0	0	4	0
Graham Cracker Pie Crust	25	1 oz	130	50	6	9%	2.5	12%	0.0	0	0%	135	6%	17	6%	1	5%	7	0	1	0	0	0	4	0
Brownies	40	1 piece	170	35	3.5	6%	1	6%	0.5	0	0%	180	8%	32	11%	1	5%	22	0	2	0	0	0	4	0
Marshmallows	30	1 oz	100	0	0	0%	0	0%	0.0	0	0%	10	0%	24	8%	0	0%	24	0	<1	0	0	0	2	0
OREO® Cookies	25	2 cookies	120	45	5	8%	1.5	7%	0.0	0	0%	140	6%	18	6%	<1	3%	10	0	1	0	0	0	0	0
Peanut Butter	25	3/4 oz	150	120	13	20%	2.5	13%	0.0	0	0%	125	5%	5	2%	1	6%	2	0	6	0	0	0	2	0
Yellow Cake	25	1 piece	80	25	2.5	4%	0.5	3%	0.0	10	3%	140	6%	13	4%	0	1%	8	0	2	0	0	0	0	0
Granola	30	1 oz	120	20	2	3%	0	0%	0.0	0	0%	30	1%	23	8%	2	7%	0	0	2	15	0	0	10	0
Nilla Wafers	15	3 cookies	70	20	2.5	4%	0	0%	0.0	<5	1%	50	2%	11	4%	0	0%	6	0	<1	0	0	0	0	0
Toasted Coconut	15	.5 oz	90	60	7	11%	6	31%	0.0	0	0%	5	0%	7	2%	<1	3%	6	0	<1	0	0	0	2	0
OREO® Pie Crust	30	1 oz	180	70	8	12%	1.5	8%	0.0	0	0%	190	8%	19	6%	0	0%	10	0	0	0	0	0	4	0

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	Nuts																							
Macadamia Nuts	25	1 oz	180	170	19	29%	3	14%	0.0	0	0%	65	3%	3	1%	2	9%	<1	0	2	0	0	0	2
Pecan Pralines	30	1 oz	210	190	21	32%	1.5	8%	0.0	0	0%	230	10%	5	2%	2	8%	1	0	2	0	0	0	4
Pecans	20	1 oz	140	140	15	23%	1.5	7%	0.0	0	0%	80	3%	3	1%	2	8%	<1	0	2	0	0	0	2
Roasted Almonds	25	1 oz	150	120	14	21%	1	5%	0.0	0	0%	85	4%	4	1%	3	11%	1	0	5	0	0	8	6
Walnuts	20	1 oz	130	120	13	20%	1	6%	0.0	0	0%	0	0%	3	1%	1	5%	0	0	3	0	0	0	4
Cashews	30	1 oz	170	130	14	22%	2.5	13%	0.0	0	0%	90	4%	9	3%	1	4%	2	0	5	0	0	0	10
Peanuts	35	1 oz	210	170	18	28%	3	15%	0.0	0	0%	110	5%	5	2%	3	13%	0	0	10	0	0	2	2
Pistachio Nuts	35	1 oz	200	140	16	25%	2	10%	0.0	0	0%	0	0%	10	3%	4	14%	<1	0	7	0	0	4	8
Sliced Almonds	35	1 oz	210	180	20	31%	2	10%	0.0	0	0%	0	0%	6	2%	4	16%	0	0	7	0	0	6	10
Toppings																								
Cinnamon	1	1/8 teasp	0	0	0	0%	0	0%	0.0	0	0%	0	0%	0	0%	0	1%	0	0	0	0	0	0	0
Honey	30	1 oz	90	0	0	0%	0	0%	0.0	0	0%	0	0%	25	8%	0	0%	25	0	0	0	0	0	0
Rainbow Sprinkles	25	1 oz	25	0	0	0%	0	0%	0.0	0	0%	0	0%	6	2%	0	0%	6	0	0	0	0	0	0
Rich's On Top	15	1 dollop	50	35	3.5	6%	3.5	17%	0.0	0	0%	0	0%	4	1%	0	0%	0	4	0	0	0	0	0
Reddi Wip® Original	20	1 dollop	45	20	2.5	4%	1	4%	0.0	0	0%	15	1%	5	2%	0	0%	2	0	<1	0	0	0	0
Caramel	30	1 oz	90	10	1	2%	0.5	4%	0.0	<5	1%	50	2%	21	7%	0	0%	13	0	<1	0	0	2	0
Fudge	30	1 oz	90	20	2	3%	2	9%	0.0	0	0%	80	3%	18	6%	0	0%	16	0	1	0	0	4	4
Chocolate Sprinkles	25	1 oz	25	0	0	0%	0	0%	0.0	0	0%	0	0%	6	2%	0	0%	6	0	0	0	0	0	0
Marshmallow Crème	30	1 oz	100	0	0	0%	0	0%	0.0	0	0%	20	1%	24	8%	0	0%	20	0	0	0	0	0	0
Butterscotch Fat Free	30	1 oz	80	0	0	0%	0	0%	0.0	0	0%	85	3%	19	6%	0	0%	15	0	<1	0	0	0	0
Caramel Fat Free	30	1 oz	80	0	0	0%	0	0%	0.0	0	0%	85	3%	19	6%	0	0%	14	0	<1	0	0	0	0
Fudge Fat Free	30	1 oz	80	0	0	0%	0	0%	0.0	0	0%	15	1%	20	7%	0	0%	16	0	<1	0	0	0	0
Waffle Products																								
Waffle Cone or Bowl	38	1 each	160	35	4	6%	1	6%	0.0	10	3%	70	3%	29	10%	0	0%	14	0	2	0	0	0	0
Dipped Waffle	68	1 each	310	130	15	23%	7	35%	0.0	10	3%	70	3%	46	15%	2	7%	31	0	3	0	0	0	6
Sugar Cone	13	1 each	50	0	0	0%	0	0%	0.0	0	0%	20	1%	11	4%	0	0%	3	0	<1	0	0	0	2

** Percentage Daily Values are based on a 2,000 calorie diet.

The Nutritional Information Cold Stone Creamery has provided is based on standard product formulations. Product variations may occur based on regional differences, ingredient substitutions, seasonal conditions, differences in product production at the store, and suppliers. Some items listed may not be available in all stores. This list may not include test products, limited time offers, and regional menu variations.