

# Nutritional Guide

Flavor	Serving Size	Calories	Calories from Fat	Fat GM	Saturated Fat GM	Trans Fat GM	Cholesterol MG	Sodium MG	Carbo GM	Sugar GM
<b>Premium Ice Cream</b>										
After Dinner Mint	½ cup	160	80	9	6	0	30	50	18	16
Banana	½ cup	130	60	7	5	0	30	40	15	13
Banana Nut	½ cup	170	90	10	5	0	30	40	16	13
Bear Foot Brownie	½ cup	190	100	11	5	1	30	65	21	18
Black Cherry	½ cup	140	60	7	4	0	30	50	19	17
Black Walnut	½ cup	180	100	11	5	0	30	45	16	13
Blue Moon	½ cup	130	60	7	4	0	25	45	15	11
Bubble Gum	½ cup	160	70	8	5	0	30	45	20	16
Butter Pecan	½ cup	180	110	12	6	0	30	55	16	13
Cake Batter	½ cup	170	90	10	5	0	30	55	19	15
Caramel Caribou	½ cup	170	80	9	6	0	30	65	21	18
Celebrate America	½ cup	160	80	9	5	0	25	50	18	16
Chocolate	½ cup	170	80	8	5	0	30	40	20	16
Chocolate Almond	½ cup	180	90	10	5	0	30	55	19	15
Chocolate Chip	½ cup	170	90	10	7	0	30	60	18	15
Chocolate Fudge	½ cup	170	80	9	5	0	30	35	21	17
Chocolate Marshmallow	½ cup	130	50	6	3	0	20	45	19	13
Chocolate Peanut Butter	½ cup	200	100	11	5	0	25	80	19	15
Cinnamon	½ cup	130	60	7	4	0	25	45	15	12
Coconut	½ cup	170	90	10	7	0	30	55	17	15
Coffee	½ cup	140	70	8	5	0	35	45	16	13
Cookie Dough	½ cup	170	80	9	6	0	30	55	20	15
Cookies N Cream	½ cup	160	80	9	5	1	30	90	19	15
Cotton Candy	½ cup	130	50	6	3	0	25	45	18	13
Death By Chocolate	½ cup	180	90	10	6	0	30	35	19	15
Egg Nog	½ cup	150	70	8	5	0	30	45	19	16
Galaxy Chocolate	½ cup	160	80	9	5	0	30	65	18	16
German Chocolate Cake	½ cup	180	80	9	5	0	25	90	21	17
Gold Medal Ribbon	½ cup	160	70	8	5	0	30	110	21	18
Lemon Custard	½ cup	130	60	7	4	0	25	45	16	12
Mango	½ cup	120	50	6	4	0	25	40	15	11
Mint Chocolate Chip	½ cup	170	90	10	7	0	30	60	18	15
Mixed Berry Trifle	½ cup	160	60	7	4	0	30	55	24	19
Mocha Almond Fudge	½ cup	170	80	9	5	0	25	100	19	16
Monster Cookie Crunch	½ cup	200	110	12	6	0.5	25	65	20	17
Moose Tracks	½ cup	210	120	13	6	0	25	65	20	16
New York Cherry	½ cup	150	60	7	4	0	25	35	19	17
Nutty Coconut	½ cup	190	110	12	6	0	30	55	16	13
Ooey Goey Choc. Chewy	½ cup	170	70	8	5	0	25	70	23	19
Peach	½ cup	130	60	7	4	0	25	45	16	12
Peanut Butter Eruption	½ cup	220	130	14	6	0	25	80	19	15
Peppermint	½ cup	130	50	6	4	0	25	45	17	14
Pistachio Almond	½ cup	170	90	10	5	0	35	60	16	13
Play Dough	½ cup	170	80	9	5	0	30	60	20	15
Pralines & Cream	½ cup	170	80	9	5	0	30	115	22	19
Pumpkin	½ cup	170	80	9	5	0	50	55	19	16
Raspberry Chip Cheesecake	½ cup	170	70	8	5	0	25	75	22	19
Rocky Road	½ cup	180	80	9	5	0	25	55	21	16
Rum Raisin	½ cup	130	50	6	4	0	25	55	18	14
Silver Spoon French Vanilla	½ cup	180	100	12	7	0	65	45	17	14

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<b>Premium Ice Cream</b>										
Strawberry	½ cup	140	60	7	5	0	30	40	18	16
Strawberry Cheesecake	½ cup	160	70	8	5	0	30	55	20	17
Superman	½ cup	130	60	7	4	0	25	45	16	12
Tootsie Pop Crunch	½ cup	170	70	8	5	0	25	70	21	19
Trash Can	½ cup	160	70	8	5	0	25	95	21	17
Tiramisu	½ cup	170	70	8	8	0	25	95	23	19
Triple Chocolate	½ cup	180	80	9	6	0	25	55	22	17
Vanilla	½ cup	150	80	9	6	0	35	45	16	14
White Chocolate Turtle	½ cup	180	70	8	5	0	25	90	25	20
<b>Sherbets, Ices &amp; Sorbets</b>										
Daiquiri Ice	½ cup	110	0	0	0	0	0	10	27	22
Lemon Sherbet	½ cup	120	20	2	1	0	5	35	23	17
Lemon Sorbet	½ cup	110	0	0	0	0	0	20	27	23
Lime Sherbet	½ cup	120	20	2	1	0	5	40	23	17
Mango Sherbet	½ cup	100	20	2	1	0	5	30	20	14
Orange Sherbet	½ cup	120	20	2	1	0	5	40	23	17
Pineapple Sherbet	½ cup	110	10	2	1	0	5	30	23	17
Rainbow Sherbet	½ cup	110	20	2	1	0	5	40	23	17
Raspberry Sherbet	½ cup	120	20	2	1	0	5	35	23	17
Raspberry Sorbet	½ cup	120	0	0	0	0	0	50	29	25
<b>No Sugar Added Ice Cream</b>										
NSA Amaretto Almond	½ cup	130	50	5	2	0	10	60	16	5
NSA Butter Pecan	½ cup	130	50	6	2	0	10	55	16	5
NSA Cherry Vanilla	½ cup	90	20	3	2	0	10	50	15	5
NSA Chocolate	½ cup	120	30	4	2	0	15	55	20	5
NSA Chocolate Chip	½ cup	110	30	4	3	0	10	55	18	5
NSA Coffee Fudge	½ cup	110	30	3	2	0	10	60	17	5
NSA Mint Chocolate Chip	½ cup	110	30	3	2	0	11	45	18	4
NSA Moose Tracks	½ cup	150	60	7	3	0	10	70	19	5
NSA Vanilla	½ cup	110	30	3	2	0	10	60	16	5
<b>Hard Scooped Yogurt</b>										
Black Cherry	½ cup	120	30	3	2	0	10	65	20	16
Chocolate	½ cup	110	30	3	2	0	10	55	18	14
Peach	½ cup	120	30	3	2	0	10	60	19	15
Peanut Butter Swirl	½ cup	160	60	7	2	0	10	105	18	14
Praline Pecan	½ cup	150	40	4	2	0	10	95	24	18
Raspberry	½ cup	120	30	3	2	0	10	60	20	17
Strawberry	½ cup	110	20	3	2	0	10	55	20	16
Vanilla	½ cup	120	30	3	2	0	10	65	19	14
Moose Tracks	½ cup	170	70	8	3	0	10	75	21	17
<b>LoCarb</b>										
Vanilla	½ cup	140	80	9	6	0	35	45	14	3
Chocolate	½ cup	150	80	9	6	0	35	40	15	3