



Nutrition Guide

Printed on 04-30-2016 . Information can change frequently, so check www.Baskinrobbins.com for the most current information.

Before placing your order, please inform your server if anyone in your party has a food allergy.

31° Below® Mix-In	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugar (g)	Sugar Alcohol (g)	Protein (g)	% Daily Value			
														Vitamin A	Vitamin C	Calcium	Iron
Butterfinger® 31° Below® - Large	24 oz	1150	410	46	27	1	100	680	163	4	127	-	30	40	10	90	8
Butterfinger® 31° Below® - Medium	16 oz	850	300	34	20	0.5	70	490	120	3	93	-	22	30	8	60	6
Butterfinger® 31° Below® - Mini	9 oz	420	150	17	10	0	40	250	59	2	47	-	12	15	4	35	2
Butterfinger® 31° Below® - Small	12 oz	620	220	25	15	0	55	360	87	2	68	-	16	20	6	50	4
Chocolate Chip Cookie Dough 31° Below® - Large	24 oz	1180	390	44	24	1	125	750	173	4	128	-	27	50	10	90	10
Chocolate Chip Cookie Dough 31° Below® - Medium	16 oz	870	290	32	17	1	90	550	129	3	94	-	20	35	8	60	8
Chocolate Chip Cookie Dough 31° Below® - Mini	9 oz	440	150	17	9	0	50	280	64	1	49	-	11	20	4	35	4
Chocolate Chip Cookie Dough 31° Below® - Small	12 oz	640	210	24	13	0.5	65	410	94	2	69	-	15	25	6	45	6
Heath® 31° Below® - Large	24 oz	1240	560	62	36	1.5	120	810	151	4	144	-	27	45	10	90	6
Heath® 31° Below® - Medium	16 oz	910	410	46	27	1	90	590	111	3	106	-	19	35	8	70	4
Heath® 31° Below® - Mini	9 oz	450	200	22	13	0	50	290	55	1	52	-	11	20	4	40	2
Heath® 31° Below® - Small	12 oz	660	300	33	19	0.5	65	430	81	2	77	-	14	25	6	50	4
Made with M&M's® 31° Below® - Large	24 oz	1350	480	54	34	1	115	520	187	6	171	-	30	45	10	100	10

31° Below® Mix-In	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugar (g)	Sugar Alcohol (g)	Protein (g)	% Daily Value			
														Vitamin A	Vitamin C	Calcium	Iron
Made with M&M's® 31° Below® - Medium	16 oz	1000	360	40	25	0.5	80	380	139	5	126	-	22	30	8	70	10
Made with M&M's® 31° Below® - Mini	9 oz	480	170	19	12	0	45	200	66	2	61	-	12	20	4	40	4
Made with M&M's® 31° Below® - Small	12 oz	720	260	29	18	0.5	60	280	100	3	91	-	16	25	6	60	6
Made with Snickers® 31° Below® - Large	24 oz	1140	440	49	25	1	105	660	147	4	131	-	32	45	10	100	6
Made with Snickers® 31° Below® - Medium	16 oz	840	320	36	19	1	75	480	108	3	96	-	23	30	8	70	4
Made with Snickers® 31° Below® - Mini	9 oz	430	160	18	10	0	45	250	55	2	49	-	12	20	4	40	2
Made with Snickers® 31° Below® - Small	12 oz	610	240	26	14	0.5	55	350	79	2	70	-	17	25	6	50	4
OREO® 31° Below® - Large	24 oz	990	360	40	21	1	100	760	135	4	106	-	26	40	10	90	25
OREO® 31° Below® - Medium	16 oz	720	260	29	15	0.5	70	560	99	3	77	-	19	30	8	60	20
OREO® 31° Below® - Mini	9 oz	380	140	15	8	0	40	290	51	2	41	-	11	15	4	35	8
OREO® 31° Below® - Small	12 oz	530	190	21	11	0.5	55	410	72	2	57	-	14	20	6	45	15
Reese's® Peanut Butter Cup 31° Below® - Large	24 oz	1240	550	61	30	1	110	840	148	7	134	-	36	40	10	100	15
Reese's® Peanut Butter Cup 31° Below® - Medium	16 oz	910	410	45	22	0.5	80	620	109	5	99	-	26	30	8	70	10
Reese's® Peanut Butter Cup 31° Below® - Mini	9 oz	450	190	22	11	0	45	300	55	2	50	-	14	15	4	40	6
Reese's® Peanut Butter Cup 31° Below® - Small	12 oz	670	290	33	16	0.5	60	450	79	4	72	-	19	20	6	50	8

31° Below® Pies	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugar (g)	Sugar Alcohol (g)	Protein (g)	% Daily Value			
														Vitamin A	Vitamin C	Calcium	Iron
Heath® 31° Below® Pie	1/9 Pie (122 grams)	350	160	18	11	0	20	190	43	1	34	-	5	6	2	15	4
OREO® 31° Below® Pie	1/9 Pie (129 grams)	380	160	18	11	0	15	220	51	2	35	-	6	6	40	15	10

31° Below® Pies	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugar (g)	Sugar Alcohol (g)	Protein (g)	Vitamin A	% Daily Value		
															Vitamin C	Calcium	Iron
Reese's® Peanut Butter Cup 31° Below® Pie	1/9 Pie (135 grams)	430	230	26	12	0	15	260	45	2	34	-	9	6	8	15	8

BRight Choices®	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugar (g)	Sugar Alcohol (g)	Protein (g)	Vitamin A	% Daily Value		
															Vitamin C	Calcium	Iron
Berry Fruitful Greek Frozen Yogurt - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	80	5	0.5	0	0	0	25	17	0	12	-	1	2	10	4	0
Berry Fruitful Greek Frozen Yogurt - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	120	10	1	0	0	0	40	27	0	19	-	2	2	15	8	0
Fat-Free Vanilla Frozen Yogurt - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	80	0	0	0	0	0	65	17	0	16	-	4	0	2	15	0
Fat-Free Vanilla Frozen Yogurt - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	130	0	0	0	0	5	105	28	0	26	-	6	0	2	20	0
Lemon Sorbet - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	60	0	0	0	0	0	0	16	0	11	-	0	0	6	0	0
Lemon Sorbet - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	100	0	0	0	0	0	0	25	0	18	-	0	0	8	0	0
Premium Churned Reduced-Fat, No Sugar Added Caramel Turtle Truffle Ice Cream - 2.5 oz Scoop - At least 25% less fat than our regular ice cream. Regular Ice Cream: 10 grams Fat per 2.5 oz Scoop.	1 - 2.5 oz Scoop (71 grams)	120	45	5	3.5	0	15	75	24	2	4	15	3	4	2	10	0
Premium Churned Reduced-Fat, No Sugar Added Caramel Turtle Truffle Ice Cream - 4 oz Scoop - At least 25% less fat than our regular ice cream. Regular Ice Cream: 15 grams Fat per 4 oz Scoop.	1 - 4 oz Scoop (113 grams)	200	70	8	6	0	25	115	38	3	6	24	5	8	2	15	0
Premium Churned Reduced-Fat, No Sugar Added	1 - 2.5 oz Scoop (71 grams)	100	35	4	2.5	0	15	45	18	2	5	9	3	6	4	10	0

BRight Choices®	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugar (g)	Sugar Alcohol (g)	Protein (g)	% Daily Value			
														Vitamin A	Vitamin C	Calcium	Iron
Pineapple Coconut Ice Cream - 2.5 oz Scoop - At least 25% less fat than our regular ice cream. Regular Ice Cream: 10 grams Fat per 2.5 oz Scoop.																	
Premium Churned Reduced-Fat, No Sugar Added Pineapple Coconut Ice Cream - 4 oz Scoop - At least 25% less fat than our regular ice cream. Regular Ice Cream: 15 grams Fat per 4 oz Scoop.	1 - 4 oz Scoop (113 grams)	160	60	6	4	0	25	75	29	4	7	14	5	8	4	15	0
Premium Churned Reduced-Fat, No Sugar Added Tin Roof Sundae - 2.5 oz Scoop - At least 25% less fat than our regular ice cream. Regular Ice Cream: 10 grams Fat per 2.5 oz Scoop.	1 - 2.5 oz Scoop (71 grams)	120	40	4.5	2.5	0	15	65	22	2	4	10	3	4	2	10	2
Premium Churned Reduced-Fat, No Sugar Added Tin Roof Sundae - 4 oz Scoop - At least 25% less fat than our regular ice cream. Regular Ice Cream: 15 grams Fat per 4 oz Scoop.	1 - 4 oz Scoop (113 grams)	190	70	7	4.5	0	25	100	34	4	7	15	5	8	2	15	2
Raspberry Cheese Louise Frozen Yogurt - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	140	50	5	3.5	0	20	70	19	0	15	-	3	4	6	10	0
Raspberry Cheese Louise Frozen Yogurt - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	220	80	9	6	0	30	110	31	0	24	-	5	6	10	15	2
Strawberry Frozen Yogurt - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	100	30	3.5	2.5	0	15	40	15	0	13	-	3	2	2	10	2
Strawberry Frozen Yogurt - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	170	50	6	3.5	0	25	65	25	0	20	-	4	4	2	15	2

Cappuccino Blast®	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugar (g)	Sugar Alcohol (g)	Protein (g)	Vitamin A	% Daily Value		
															Vitamin C	Calcium	Iron
Cappuccino Blast® (made with Soft Serve) - Large	32 fl oz	480	130	15	10	0	60	230	86	1	74	-	13	20	4	45	2
Cappuccino Blast® (made with Soft Serve) - Medium	24 fl oz	380	110	12	8	0	50	180	66	1	57	-	10	15	4	35	2
Cappuccino Blast® (made with Soft Serve) - Mini	12 fl oz	180	60	6	4	0	25	80	30	0	26	-	5	6	2	15	2
Cappuccino Blast® (made with Soft Serve) - Small	16 fl oz	250	70	8	5	0	35	115	44	1	38	-	6	10	2	25	2
Cappuccino Blast® Caramel (made with Soft Serve) - Large	32 fl oz	780	160	18	12	0	70	600	151	1	123	-	14	20	6	50	2
Cappuccino Blast® Caramel (made with Soft Serve) - Medium	24 fl oz	570	130	14	9	0	55	430	109	1	89	-	10	15	4	40	2
Cappuccino Blast® Caramel (made with Soft Serve) - Mini	12 fl oz	300	70	8	5	0	30	210	55	1	45	-	5	8	2	20	2
Cappuccino Blast® Caramel (made with Soft Serve) - Small	16 fl oz	350	80	9	6	0	35	240	64	1	53	-	7	10	2	25	2
Cappuccino Blast® Caramel - Large	32 fl oz	940	260	29	19	1	110	620	164	1	130	-	13	25	4	45	2
Cappuccino Blast® Caramel - Medium	24 fl oz	710	210	23	15	1	85	460	121	0	97	-	10	20	2	35	0
Cappuccino Blast® Caramel - Mini	12 fl oz	380	110	12	8	0	45	260	68	0	54	-	5	10	2	20	0
Cappuccino Blast® Caramel - Small	16 fl oz	450	140	15	10	0.5	55	280	76	0	61	-	6	15	2	25	0
Cappuccino Blast® Mocha (made with Soft Serve) - Large	32 fl oz	640	130	14	9	0	55	220	125	2	91	-	13	20	4	45	4
Cappuccino Blast® Mocha (made with Soft Serve) - Medium	24 fl oz	500	100	12	7	0	45	180	96	2	70	-	10	15	4	35	4

Cappuccino Blast®	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugar (g)	Sugar Alcohol (g)	Protein (g)	Vitamin A	% Daily Value		
															Vitamin C	Calcium	Iron
Cappuccino Blast® Mocha (made with Soft Serve) - Mini	12 fl oz	230	60	6	4	0	25	85	43	1	32	-	5	8	2	15	2
Cappuccino Blast® Mocha (made with Soft Serve) - Small	16 fl oz	330	70	8	5	0	30	115	64	1	46	-	6	10	2	20	2
Cappuccino Blast® Mocha - Large	32 fl oz	740	230	25	16	1	95	180	126	2	89	-	11	25	4	40	4
Cappuccino Blast® Mocha - Medium	24 fl oz	570	180	20	13	0.5	80	140	96	2	69	-	9	20	2	30	4
Cappuccino Blast® Mocha - Mini	12 fl oz	260	90	10	6	0	40	70	43	1	32	-	4	10	2	15	2
Cappuccino Blast® Mocha - Small	16 fl oz	380	120	13	8	0	50	95	64	1	45	-	6	10	2	20	2
Cappuccino Blast® OREO® 'n Cookies - Large	32 fl oz	890	330	36	17	1	85	560	140	3	100	-	15	20	4	45	25
Cappuccino Blast® OREO® 'n Cookies - Medium	24 fl oz	700	260	29	14	0.5	65	430	108	2	77	-	11	15	2	35	15
Cappuccino Blast® OREO® 'n Cookies - Mini	12 fl oz	300	120	13	7	0	35	180	46	1	33	-	5	8	2	15	6
Cappuccino Blast® OREO® 'n Cookies - Small	16 fl oz	460	170	19	9	0	45	290	72	1	51	-	8	10	2	25	10
Cappuccino Blast® Original - Large	32 fl oz	580	230	25	16	1	100	180	87	0	72	-	12	25	4	45	2
Cappuccino Blast® Original - Medium	24 fl oz	460	180	20	13	0.5	80	140	67	0	56	-	9	20	2	35	2
Cappuccino Blast® Original - Mini	12 fl oz	210	90	10	6	0	40	65	31	0	25	-	4	8	2	15	2
Cappuccino Blast® Original - Small	16 fl oz	300	120	14	9	0	55	95	44	0	37	-	6	10	2	25	2
Cappuccino Blast® Turtle - Large	32 fl oz	940	230	26	15	1	85	610	173	2	129	-	12	20	4	45	15
Cappuccino Blast® Turtle - Medium	24 fl oz	760	190	21	12	0.5	70	480	140	2	104	-	10	15	2	35	10
Cappuccino Blast® Turtle - Mini	12 fl oz	370	90	10	6	0	35	220	67	1	50	-	5	8	2	15	6

Cappuccino Blast®	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugar (g)	Sugar Alcohol (g)	Protein (g)	% Daily Value			
														Vitamin A	Vitamin C	Calcium	Iron
Cappuccino Blast® Turtle - Small	16 fl oz	500	130	14	8	0	45	330	91	1	68	-	6	10	2	25	8

Classic Flavors	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugar (g)	Sugar Alcohol (g)	Protein (g)	% Daily Value			
														Vitamin A	Vitamin C	Calcium	Iron
Cherries Jubilee Ice Cream - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	140	60	7	4.5	0	30	45	16	0	12	-	2	6	2	10	2
Cherries Jubilee Ice Cream - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	220	100	11	7	0	45	75	26	1	19	-	4	8	2	15	2
Chocolate Chip Cookie Dough Ice Cream - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	180	90	9	6	0	30	80	20	0	15	-	3	6	2	10	0
Chocolate Chip Cookie Dough Ice Cream - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	280	140	15	10	0	50	130	32	0	24	-	4	8	2	15	2
Chocolate Chip Ice Cream - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	160	90	10	6	0	35	55	15	1	11	-	3	6	2	10	4
Chocolate Chip Ice Cream - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	250	140	16	10	0	55	85	23	1	18	-	5	10	2	15	6
Chocolate Ice Cream - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	150	80	9	6	0	30	75	16	1	12	-	3	6	2	10	6
Chocolate Ice Cream - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	240	130	14	9	0	50	120	26	2	19	-	5	10	2	15	8
Daiquiri Ice - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	60	0	0	0	0	0	0	16	0	12	-	0	0	0	0	0
Daiquiri Ice - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	100	0	0	0	0	0	0	26	0	19	-	0	0	0	0	0
Gold Medal Ribbon® Ice Cream - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	150	70	8	5	0	30	95	19	0	13	-	3	6	2	10	8
Gold Medal Ribbon® Ice Cream - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	250	110	13	8	0	45	150	30	1	21	-	5	10	2	15	15
Jamoca® Almond Fudge Ice Cream - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	160	80	9	4.5	0	25	50	17	1	12	-	3	4	2	10	2

Classic Flavors	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugar (g)	Sugar Alcohol (g)	Protein (g)	Vitamin A	% Daily Value		
															Vitamin C	Calcium	Iron
Jamoca® Almond Fudge Ice Cream - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	260	130	15	7	0	40	80	28	1	19	-	5	8	2	15	4
Jamoca® Ice Cream - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	140	80	8	5	0	35	55	13	0	11	-	3	6	2	10	0
Jamoca® Ice Cream - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	220	120	13	8	0	55	85	21	0	17	-	5	10	2	15	0
Made with Snickers® Ice Cream - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	170	80	9	5	0	30	95	21	0	16	-	3	6	2	10	6
Made with Snickers® Ice Cream - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	280	130	14	8	0	45	150	33	0	25	-	5	8	2	15	10
Mint Chocolate Chip Ice Cream - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	160	90	10	6	0	35	55	15	1	11	-	3	6	2	10	4
Mint Chocolate Chip Ice Cream - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	250	140	16	10	0	55	85	23	1	18	-	5	10	2	15	6
Nutty Coconut Ice Cream - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	180	110	12	6	0	30	65	15	1	10	-	4	6	2	10	2
Nutty Coconut Ice Cream - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	290	170	19	9	0	45	100	24	1	17	-	6	8	2	15	2
OREO® Cookies 'n Cream Ice Cream - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	160	80	9	5	0	30	85	17	0	12	-	3	6	2	10	2
OREO® Cookies 'n Cream Ice Cream - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	260	130	15	9	0	50	130	28	0	20	-	5	10	2	15	4
Old Fashioned Butter Pecan Ice Cream - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	160	100	11	5	0	35	70	13	1	10	-	3	6	2	10	0
Old Fashioned Butter Pecan Ice Cream - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	260	160	18	9	0	50	110	20	1	16	-	5	10	2	15	2
Oreo® Malt Madness Ice Cream - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	190	90	10	5	0	25	180	24	1	17	-	3	4	0	8	6
Oreo® Malt Madness Ice Cream - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	300	140	16	8	0	35	280	38	2	27	-	5	6	2	15	10
Peanut Butter 'n Chocolate Ice Cream - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	190	110	13	6	0	25	105	16	1	11	-	5	6	2	10	4
Peanut Butter 'n Chocolate Ice Cream - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	300	180	20	9	0	45	170	25	2	17	-	7	8	2	15	8
Pistachio Almond Ice Cream - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	170	110	12	5	0	30	50	13	1	10	-	4	6	2	10	2

Classic Flavors	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugar (g)	Sugar Alcohol (g)	Protein (g)	Vitamin A	% Daily Value		
															Vitamin C	Calcium	Iron
Pistachio Almond Ice Cream - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	270	170	19	8	0	50	80	21	1	15	-	7	10	2	20	2
Pralines 'n Cream Ice Cream - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	170	80	9	5	0	30	110	20	0	15	-	3	6	2	10	6
Pralines 'n Cream Ice Cream - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	270	130	14	8	0	45	170	32	1	25	-	4	8	2	15	10
Rainbow Sherbet - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	80	10	1.5	1	0	5	15	17	0	13	-	1	2	2	4	0
Rainbow Sherbet - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	130	20	2	1.5	0	10	25	27	0	20	-	1	2	2	6	0
Reese's® Peanut Butter Cup Ice Cream - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	190	100	11	6	0	30	90	20	1	19	-	4	6	2	10	2
Reese's® Peanut Butter Cup Ice Cream - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	300	150	17	9	0	50	140	32	1	30	-	6	8	2	15	2
Rocky Road Ice Cream - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	170	90	9	5	0	30	70	19	1	13	-	4	6	2	10	6
Rocky Road Ice Cream - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	270	140	15	8	0	45	110	29	2	21	-	6	8	2	15	8
Vanilla Ice Cream - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	150	90	10	6	0	40	40	13	0	11	-	3	8	2	10	0
Vanilla Ice Cream - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	240	140	16	10	0.5	65	65	21	0	17	-	4	10	2	15	0
Very Berry Strawberry Ice Cream - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	130	60	7	4	0	25	40	15	0	13	-	2	6	10	8	2
Very Berry Strawberry Ice Cream - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	200	100	11	7	0	40	65	23	0	20	-	4	8	15	15	2
World Class® Chocolate Ice Cream - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	160	90	10	7	0	30	55	16	1	11	-	3	6	2	10	2
World Class® Chocolate Ice Cream - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	260	140	16	11	0	45	90	25	1	18	-	5	8	2	15	4

Classic Sundaes	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugar (g)	Sugar Alcohol (g)	Protein (g)	Vitamin A	% Daily Value		
															Vitamin C	Calcium	Iron
Banana Royale Sundae	1 Serving (334 grams)	680	300	33	21	1	85	180	90	5	64	-	10	20	140	30	8
Brownie Sundae	1 Serving (272 grams)	800	390	43	22	1	125	340	95	2	72	-	11	15	130	30	10
Classic Banana Split	1 Serving (501 grams)	970	350	39	20	1	120	200	146	8	103	-	14	25	45	40	15
One-Scoop Sundae	1 Serving (127 grams)	360	180	20	12	0	45	110	40	2	30	-	6	8	80	15	6
Three-Scoop Sundae	1 Serving (305 grams)	790	400	45	29	1	125	250	87	2	68	-	12	25	170	40	8
Two-Scoop Sundae	1 Serving (216 grams)	570	290	33	21	1	85	180	63	2	49	-	9	15	130	30	6

Cones	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugar (g)	Sugar Alcohol (g)	Protein (g)	Vitamin A	% Daily Value		
															Vitamin C	Calcium	Iron
Cake Cone	1 Cone (7 grams)	25	0	0	0	0	0	15	5	0	0	-	0	0	0	0	2
Chocolate Dipped Waffle Cone	1 Cone (77 grams)	270	100	12	5	0	10	20	40	2	22	-	3	0	0	2	10
Fancy Waffle Cone with Almonds	1 Cone (85 grams)	320	140	16	6	0	10	20	41	2	23	-	4	0	0	4	15
Fancy Waffle Cone with Sprinkles	1 Cone (85 grams)	310	120	13	7	0	10	20	46	2	26	-	3	0	0	2	10
Fresh-Baked Waffle Cone	1 Cone (57 grams)	160	35	3.5	0.5	0	10	5	29	1	13	-	2	0	0	2	6
Sugar Cone	1 Cone (12 grams)	45	0	0.5	0	0	0	35	9	0	3	-	1	0	0	0	2

Cups & Cones	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugar (g)	Sugar Alcohol (g)	Protein (g)	Vitamin A	% Daily Value		
															Vitamin C	Calcium	Iron
Vanilla Soft Serve - Kids Size	3 oz	110	40	4.5	3	0	20	75	14	0	14	-	4	8	2	15	0

Cups & Cones	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugar (g)	Sugar Alcohol (g)	Protein (g)	% Daily Value			
														Vitamin A	Vitamin C	Calcium	Iron
Vanilla Soft Serve - Large Size	9 oz	340	120	14	9	0	55	220	43	1	41	-	12	20	6	45	2
Vanilla Soft Serve - Regular Size	6 oz	230	80	9	6	0	35	150	29	1	27	-	8	15	4	30	0

Desserts	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugar (g)	Sugar Alcohol (g)	Protein (g)	% Daily Value			
														Vitamin A	Vitamin C	Calcium	Iron
Brownie a la Mode	1 Slice (78 grams)	260	120	13	9	0	20	130	36	2	26	-	3	4	0	8	8
Chocolate Mint	1/8 cake (112 grams)	290	160	18	13	0	40	90	30	1	27	-	4	8	2	10	6
Double Chocolate Chip	1/16 cake (126 grams)	360	190	21	11	0	40	210	42	2	33	-	5	6	10	10	8
Double Chocolate OREO®	1/8 cake (113 grams)	300	150	17	11	0	35	140	36	1	29	-	4	6	2	10	8
OREO® Cookie	1/16 cake (122 grams)	330	170	19	13	0	40	135	35	1	30	-	4	8	2	15	4
Piece Cake	1/8 Cake (90g)	220	90	10	5	0	30	160	29	1	20	-	3	6	4	10	4
Soft Serve Cookie Sandwich	1 Sandwich (91 grams)	180	45	5	3	0	15	170	29	1	17	-	5	6	2	15	2

Flavors of the Month	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugar (g)	Sugar Alcohol (g)	Protein (g)	% Daily Value			
														Vitamin A	Vitamin C	Calcium	Iron
Mom's Makin' Cookies™ Ice Cream - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	190	80	9	6	0	30	95	24	0	18	-	2	6	0	8	2
Mom's Makin' Cookies™ Ice Cream - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	300	130	15	9	0	45	150	38	0	29	-	4	8	2	15	4

Floats, Freezes & Ice Cream Sodas	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugar (g)	Sugar Alcohol (g)	Protein (g)	Vitamin A	% Daily Value		
															Vitamin C	Calcium	Iron
Coke® Float (with Soft Serve) - Large	32 fl oz	570	140	15	10	0.5	60	310	99	1	96	-	14	25	6	50	2
Coke® Float (with Soft Serve) - Medium	24 fl oz	430	100	11	7	0	45	230	74	1	72	-	10	20	4	40	0
Coke® Float (with Soft Serve) - Mini	12 fl oz	170	35	4	2.5	0	15	85	31	0	30	-	3	6	2	15	0
Coke® Float (with Soft Serve) - Small	16 fl oz	280	70	8	5	0	30	150	49	1	48	-	7	10	4	25	0
Coke® Float (with Vanilla Ice Cream) - Large	32 fl oz	800	360	40	25	1.5	155	230	103	0	94	-	11	30	6	40	0
Coke® Float (with Vanilla Ice Cream) - Medium	24 fl oz	600	270	30	19	1	120	170	77	0	70	-	8	20	4	30	0
Coke® Float (with Vanilla Ice Cream) - Mini	12 fl oz	220	90	10	6	0	40	65	32	0	30	-	3	8	2	10	0
Coke® Float (with Vanilla Ice Cream) - Small	16 fl oz	400	180	20	13	0.5	80	115	51	0	47	-	5	15	2	20	0
Freeze (with Orange Sherbet) - Large	1 Serving (926 grams)	740	70	8	5	0	30	240	164	1	162	-	5	6	15	20	2
Freeze (with Orange Sherbet) - Medium	1 Serving (652 grams)	510	45	5	3.5	0	20	160	112	1	111	-	3	4	10	15	2
Freeze (with Orange Sherbet) - Small	1 Serving (463 grams)	370	35	4	2.5	0	15	120	82	0	81	-	3	4	8	10	0
Ice Cream Float (with Vanilla Ice Cream & Root Beer) - Large	32 fl oz	820	360	40	25	1.5	155	260	110	0	101	-	11	30	6	40	0
Ice Cream Float (with Vanilla Ice Cream & Root Beer) - Medium	24 fl oz	610	270	30	19	1	120	190	82	0	76	-	8	20	4	30	0
Ice Cream Float (with Vanilla Ice Cream & Root Beer) - Mini	12 fl oz	230	90	10	6	0	40	75	35	0	32	-	3	8	2	10	0
Ice Cream Float (with Vanilla Ice Cream & Root Beer) - Small	16 fl oz	410	180	20	13	0.5	80	130	55	0	50	-	5	15	2	20	0
Ice Cream Soda (with Vanilla Ice Cream) - Large	32 fl oz	1020	370	41	26	1.5	160	180	151	1	137	-	11	30	6	40	0

Floats, Freezes & Ice Cream Sodas	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugar (g)	Sugar Alcohol (g)	Protein (g)	% Daily Value			
														Vitamin A	Vitamin C	Calcium	Iron
Ice Cream Soda (with Vanilla Ice Cream) - Medium	24 fl oz	770	280	31	19	1	120	140	114	1	103	-	8	25	4	30	0
Ice Cream Soda (with Vanilla Ice Cream) - Mini	12 fl oz	260	100	11	7	0	40	50	39	0	35	-	3	8	2	10	0
Ice Cream Soda (with Vanilla Ice Cream) - Small	16 fl oz	510	190	21	13	0.5	80	95	76	0	69	-	6	15	4	20	0

Freeze	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugar (g)	Sugar Alcohol (g)	Protein (g)	% Daily Value			
														Vitamin A	Vitamin C	Calcium	Iron
Daiquiri Ice Freeze - Large	32 fl oz	590	0	0	0	0	0	25	147	1	117	-	0	0	2	2	0
Daiquiri Ice Freeze - Medium	24 fl oz	410	0	0	0	0	0	20	102	1	82	-	0	0	2	2	0
Daiquiri Ice Freeze - Mini	12 fl oz	180	0	0	0	0	0	10	45	0	35	-	0	0	0	0	0
Daiquiri Ice Freeze - Small	16 fl oz	290	0	0	0	0	0	15	73	0	59	-	0	0	2	2	0
Rainbow Sherbet Freeze - Large	32 fl oz	690	70	8	5	0	30	115	150	1	121	-	6	6	10	25	2
Rainbow Sherbet Freeze - Medium	24 fl oz	480	45	5	3.5	0	20	75	104	1	85	-	4	4	8	15	0
Rainbow Sherbet Freeze - Mini	12 fl oz	210	25	2.5	1.5	0	10	40	46	0	37	-	2	2	4	8	0
Rainbow Sherbet Freeze - Small	16 fl oz	340	35	4	2.5	0	15	55	75	1	61	-	3	4	6	10	0

Fruit Blast	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugar (g)	Sugar Alcohol (g)	Protein (g)	% Daily Value			
														Vitamin A	Vitamin C	Calcium	Iron
Strawberry Citrus Fruit Blast - Large	32 fl oz	500	0	0	0	0	0	20	126	2	122	-	1	2	35	8	30
Strawberry Citrus Fruit Blast - Medium	24 fl oz	350	0	0	0	0	0	10	87	1	84	-	1	2	25	4	20
Strawberry Citrus Fruit Blast - Mini	12 fl oz	170	0	0	0	0	0	5	43	1	42	-	0	0	10	2	10

Fruit Blast	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugar (g)	Sugar Alcohol (g)	Protein (g)	Vitamin A	% Daily Value		
															Vitamin C	Calcium	Iron
Strawberry Citrus Fruit Blast - Small	16 fl oz	250	0	0	0	0	0	10	63	1	61	-	1	0	15	4	15
Tropical Fruit Blast - Large	32 fl oz	540	5	0.5	0	0	0	25	136	5	129	-	3	30	410	6	4
Tropical Fruit Blast - Medium	24 fl oz	370	5	0.5	0	0	0	15	93	3	88	-	2	20	280	4	2
Tropical Fruit Blast - Mini	12 fl oz	190	0	0	0	0	0	10	47	2	44	-	1	10	140	2	2
Tropical Fruit Blast - Small	16 fl oz	270	5	0	0	0	0	10	68	2	64	-	1	15	200	4	2
Wild Mango Fruit Blast - Large	32 fl oz	730	20	2.5	0.5	0	0	25	178	3	174	-	2	280	25	6	6
Wild Mango Fruit Blast - Medium	24 fl oz	500	15	1.5	0	0	0	15	123	2	119	-	1	190	15	4	4
Wild Mango Fruit Blast - Mini	12 fl oz	250	5	1	0	0	0	10	61	1	60	-	1	100	8	2	2
Wild Mango Fruit Blast - Small	16 fl oz	360	10	1	0	0	0	10	89	2	87	-	1	140	15	2	2

Pre-Packed Ice Cream	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugar (g)	Sugar Alcohol (g)	Protein (g)	Vitamin A	% Daily Value		
															Vitamin C	Calcium	Iron
Chocolate Chip Cookie Dough Ice Cream Quart	1/2 cup (73 grams)	180	90	10	6	0	30	85	21	0	18	-	3	6	2	10	0
Chocolate Chip Ice Cream Quart	1/2 cup (73 grams)	170	90	10	6	0	35	60	18	0	17	-	3	6	2	10	2
Chocolate Ice Cream Quart	1/2 cup (73 grams)	170	80	9	6	0	30	80	21	1	19	-	4	6	2	10	6
Gold Medal Ribbon® Ice Cream Quart	1/2 cup (73 grams)	160	70	8	5	0	30	100	20	0	16	-	3	6	2	10	8
Jamoca® Almond Fudge Ice Cream Quart	1/2 cup (76 grams)	180	90	10	5	0	30	55	19	1	15	-	4	6	2	10	2
Mint Chocolate Chip Ice Cream Quart	1/2 cup (73 grams)	170	90	10	6	0	35	60	18	0	17	-	3	6	2	10	2
Mom's Makin' Cookies™ Ice Cream Quart	1/2 cup (76 grams)	200	90	10	6	0	30	100	25	0	20	-	3	6	2	10	2
OREO® 'n Cake Ice Cream Quart	1/2 cup (76 grams)	200	90	10	5	0	25	100	24	0	19	-	3	6	2	10	2

Pre-Packed Ice Cream	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugar (g)	Sugar Alcohol (g)	Protein (g)	Vitamin A	% Daily Value		
															Vitamin C	Calcium	Iron
OREO® Cookies 'n Cream Ice Cream Quart	1/2 cup (73 grams)	170	90	10	6	0	30	100	19	0	15	-	3	6	2	10	2
Old Fashioned Butter Pecan Ice Cream Quart	1/2 cup (73 grams)	170	110	12	6	0	35	75	14	1	13	-	3	6	2	10	0
Peanut Butter 'n Chocolate Ice Cream Quart	1/2 cup (73 grams)	210	120	13	6	0	30	110	20	1	17	-	5	6	2	10	4
Pralines 'n Cream Ice Cream Quart	1/2 cup (77 grams)	190	90	10	5	0	30	120	25	0	21	-	3	6	0	10	8
Rainbow Sherbet Quart	1/2 cup (86 grams)	100	15	1.5	1	0	5	25	22	0	21	-	1	2	2	4	0
Rocky Road Ice Cream Quart	1/2 cup (73 grams)	170	90	10	5	0	30	75	20	1	17	-	4	6	2	10	6
Vanilla Ice Cream Quart	1/2 cup (73 grams)	170	90	10	7	0	40	45	17	0	17	-	3	8	2	10	0
Very Berry Strawberry Ice Cream Quart	1/2 cup (73 grams)	140	60	7	4.5	0	25	45	18	0	17	-	2	6	10	8	2
World Class® Chocolate Ice Cream Quart	1/2 cup (73 grams)	170	90	10	7	0	30	60	16	1	11	-	3	6	2	10	4

Premium Sundaes	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugar (g)	Sugar Alcohol (g)	Protein (g)	Vitamin A	% Daily Value		
															Vitamin C	Calcium	Iron
Chocolate Chip Cookie Dough Sundae	1 Serving (376 grams)	1100	420	47	32	1	110	610	160	2	114	-	13	20	170	40	10
Made with Snickers® Sundae	1 Serving (370 grams)	1060	390	43	25	1	100	690	155	3	119	-	15	20	90	40	20
OREO® 'n Chocolate Layered Sundae	1 Serving (339 grams)	1030	430	47	28	1	85	540	146	5	111	-	14	15	130	35	35
OREO® Layered Sundae	1 Serving (329 grams)	930	400	44	28	1	100	500	124	3	88	-	13	20	170	40	20
Peanut Butter Banana Waffle Bowl Sundae	1 Serving (380 grams)	970	520	58	21	1	90	380	101	8	64	-	20	15	20	25	20
Peanut Butter Brownie Waffle Bowl Sundae	1 Serving (298 grams)	1000	590	65	22	1	115	460	91	5	63	-	20	15	4	30	20
Reese's® Peanut Butter Cup Sundae	1 Serving (354 grams)	1250	770	85	33	1	100	720	106	7	84	-	28	20	90	45	25

Regional Flavors	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugar (g)	Sugar Alcohol (g)	Protein (g)	Vitamin A	% Daily Value		
															Vitamin C	Calcium	Iron
Banana Nut Ice Cream - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	150	90	10	4.5	0	25	45	13	1	10	-	3	6	2	8	2
Banana Nut Ice Cream - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	240	140	15	7	0	45	70	21	1	16	-	5	8	2	15	2
Bananas 'n Strawberry Flavored Ice Cream - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	140	60	7	4.5	0	25	50	17	0	12	-	2	6	2	8	0
Bananas 'n Strawberry Flavored Ice Cream - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	220	100	11	7	0	45	80	27	0	19	-	4	8	4	15	0
Baseball Nut® Ice Cream - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	160	80	9	4.5	0	25	70	19	0	13	-	3	6	4	8	2
Baseball Nut® Ice Cream - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	260	130	14	8	0	45	115	30	1	20	-	5	8	8	15	2
Black Walnut Ice Cream - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	170	100	11	5	0	30	55	13	1	10	-	4	6	2	10	2
Black Walnut Ice Cream - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	260	160	18	8	0	50	85	20	1	15	-	6	10	2	15	2
Caramel Praline Cheesecake Ice Cream - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	170	80	9	4.5	0	25	105	21	0	16	-	3	6	2	10	6
Caramel Praline Cheesecake Ice Cream - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	270	120	14	7	0	45	170	33	1	25	-	4	8	2	15	10
Chocolate Almond Ice Cream - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	180	100	11	5	0	30	70	16	2	11	-	4	6	2	10	6
Chocolate Almond Ice Cream - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	280	160	18	8	0	45	110	25	3	18	-	7	8	2	20	10
Creole Cream Cheese Ice Cream - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	140	70	8	5	0	30	55	15	0	12	-	3	6	2	10	0
Creole Cream Cheese Ice Cream - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	230	110	13	8	0	50	90	24	0	18	-	5	10	2	20	0
Fudge Brownie Ice Cream - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	180	100	12	7	0	30	80	18	1	13	-	3	6	0	8	8
Fudge Brownie Ice Cream - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	290	170	19	10	0	45	130	28	2	20	-	5	8	2	15	10
Green Tea Ice Cream - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	140	80	9	5	0	35	55	13	1	10	-	3	10	8	10	2

Regional Flavors	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugar (g)	Sugar Alcohol (g)	Protein (g)	Vitamin A	% Daily Value		
															Vitamin C	Calcium	Iron
Green Tea Ice Cream - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	230	130	14	9	0	55	85	21	1	16	-	5	20	10	20	2
Lemon Custard Ice Cream - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	150	70	8	5	0	45	65	16	0	13	-	3	6	2	10	0
Lemon Custard Ice Cream - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	240	120	13	8	0	75	100	26	0	21	-	5	10	2	15	0
Mississippi Mudd Ice Cream - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	160	80	9	6	0	30	90	20	1	13	-	3	6	0	8	8
Mississippi Mudd Ice Cream - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	260	130	14	9	0	45	140	31	2	21	-	4	8	2	10	10
Nilla® Chai Ice Cream - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	170	70	8	4.5	0	25	75	21	0	15	-	3	6	2	8	2
Nilla® Chai Ice Cream - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	270	120	13	7	0	45	115	33	1	25	-	4	8	2	15	4
Oregon Blackberry Ice Cream - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	150	70	8	5	0	30	55	16	0	14	-	3	6	2	10	0
Oregon Blackberry Ice Cream - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	240	110	12	8	0	50	85	25	1	23	-	4	10	2	15	0
Raspberry Sinceri-Tea - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	60	0	0	0	0	0	0	16	0	12	-	0	0	0	0	0
Raspberry Sinceri-Tea - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	100	0	0	0	0	0	5	25	0	19	-	0	0	2	0	0
Rum Raisin Ice Cream - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	150	60	7	4.5	0	30	60	18	0	16	-	3	6	2	10	0
Rum Raisin Ice Cream - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	240	100	11	7	0	45	90	29	1	25	-	4	8	2	15	2

Seasonal Flavors	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugar (g)	Sugar Alcohol (g)	Protein (g)	Vitamin A	% Daily Value		
															Vitamin C	Calcium	Iron
Chocolate Fudge Ice Cream - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	150	90	9	6	0	30	85	17	1	12	-	3	6	0	8	8
Chocolate Fudge Ice Cream - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	250	140	15	9	0	50	135	27	2	19	-	5	10	2	10	10

Seasonal Flavors	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugar (g)	Sugar Alcohol (g)	Protein (g)	Vitamin A	% Daily Value		
															Vitamin C	Calcium	Iron
Cotton Candy Ice Cream - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	160	70	7	4.5	0	30	60	19	0	12	-	3	6	2	10	0
Cotton Candy Ice Cream - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	250	110	12	7	0	45	100	31	0	20	-	4	8	2	15	0
Dulce de Leche Ice Cream - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	160	80	9	6	0	30	75	19	0	16	-	3	6	2	10	0
Dulce de Leche Ice Cream - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	260	130	14	9	0	50	120	30	0	26	-	4	10	2	15	0
Icing on the Cake® Ice Cream - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	200	100	12	6	0	25	60	23	0	18	-	2	4	2	8	0
Icing on the Cake® Ice Cream - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	320	160	18	10	0	40	100	36	0	28	-	4	8	2	15	0
Love Potion #31® Ice Cream - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	160	80	9	6	0	25	45	18	1	15	-	3	6	4	10	2
Love Potion #31® Ice Cream - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	260	130	14	10	0	40	70	29	1	24	-	4	8	6	15	2
Pink Bubblegum Ice Cream - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	160	70	8	5	0	30	50	20	0	17	-	3	6	2	10	0
Pink Bubblegum Ice Cream - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	250	110	12	8	0	50	75	31	0	27	-	4	8	2	15	0
Pumpkin Pie Ice Cream - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	140	70	7	4.5	0	30	55	16	0	13	-	3	25	2	10	0
Pumpkin Pie Ice Cream - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	220	100	12	7	0	45	90	25	1	20	-	4	40	2	15	2
S'More the Merrier Ice Cream - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	200	100	11	5	0	25	85	21	0	14	-	3	4	2	8	2
S'More the Merrier Ice Cream - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	320	160	17	9	0.5	40	135	33	1	23	-	4	8	2	15	2
Strawberry Cheesecake Ice Cream - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	160	70	8	5	0	35	75	18	0	13	-	3	6	2	8	0
Strawberry Cheesecake Ice Cream - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	250	120	13	8	0	55	120	29	0	21	-	4	10	4	15	0
Strawberry Shortcake Ice Cream - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	170	80	9	6	0	25	100	19	0	14	-	3	6	2	8	0
Strawberry Shortcake Ice Cream - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	270	130	14	9	0	40	160	31	0	21	-	4	8	4	15	2

Seasonal Flavors	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugar (g)	Sugar Alcohol (g)	Protein (g)	Vitamin A	% Daily Value		
															Vitamin C	Calcium	Iron
Watermelon Splash - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	70	0	0	0	0	0	0	17	0	12	-	0	0	0	0	0
Watermelon Splash - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	110	5	0.5	0	0	0	0	27	0	20	-	0	0	0	0	0
Wild 'n Reckless Sherbet - 2.5 oz Scoop	1 - 2.5 oz Scoop (71 grams)	80	10	1.5	1	0	5	15	16	0	12	-	1	2	0	4	0
Wild 'n Reckless Sherbet - 4 oz Scoop	1 - 4 oz Scoop (113 grams)	130	20	2	1.5	0	10	25	26	0	18	-	2	2	0	6	0

Shakes	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugar (g)	Sugar Alcohol (g)	Protein (g)	Vitamin A	% Daily Value		
															Vitamin C	Calcium	Iron
Chocolate Chip Cookie Dough Milkshake - Large	32 fl oz	1590	650	72	46	2	240	720	205	2	165	-	30	50	10	100	6
Chocolate Chip Cookie Dough Milkshake - Medium	24 fl oz	970	380	42	27	1	140	440	128	1	105	-	19	30	6	70	4
Chocolate Chip Cookie Dough Milkshake - Mini	12 fl oz	570	240	27	17	1	90	270	70	1	56	-	11	20	4	40	2
Chocolate Chip Cookie Dough Milkshake - Small	16 fl oz	700	280	31	20	1	105	320	92	1	75	-	13	20	4	45	2
Chocolate Chip Milkshake - Large	32 fl oz	1440	670	74	47	2.5	260	520	166	4	141	-	32	60	10	110	30
Chocolate Chip Milkshake - Medium	24 fl oz	880	390	43	28	1.5	155	320	106	2	92	-	20	35	6	70	15
Chocolate Chip Milkshake - Mini	12 fl oz	510	250	28	18	1	95	200	56	2	47	-	12	20	4	40	10
Chocolate Chip Milkshake - Small	16 fl oz	640	290	32	20	1	115	230	76	2	65	-	14	25	4	50	10
Chocolate Milkshake (with Chocolate Ice Cream) - Large	32 fl oz	1510	620	68	43	2	240	680	202	10	135	-	35	50	10	110	40
Chocolate Milkshake (with Chocolate Ice Cream) - Medium	24 fl oz	920	360	40	25	1.5	140	420	125	6	84	-	22	35	6	70	25

Shakes	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugar (g)	Sugar Alcohol (g)	Protein (g)	Vitamin A	% Daily Value		
															Vitamin C	Calcium	Iron
Chocolate Milkshake (with Chocolate Ice Cream) - Small	16 fl oz	680	270	30	19	1	105	300	93	4	62	-	16	25	4	50	15
Chocolate Milkshake (with Chocolate ice cream) - Mini	12 fl oz	550	230	26	16	1	90	260	73	4	49	-	13	20	4	40	15
Extra Thick Shake - Chocolate - Large	24 fl oz	890	220	25	16	1	95	410	146	4	106	-	23	40	10	80	4
Extra Thick Shake - Chocolate - Medium	16 fl oz	620	160	18	11	0.5	65	290	100	3	74	-	16	30	6	60	4
Extra Thick Shake - Chocolate - Small	12 fl oz	520	140	15	10	0	60	250	82	2	62	-	14	25	6	50	2
Extra Thick Shake - Jamoca® - Large	24 fl oz	670	220	24	16	0.5	95	390	98	2	88	-	22	35	10	80	2
Extra Thick Shake - Jamoca® - Medium	16 fl oz	470	150	17	11	0.5	70	280	68	1	62	-	16	25	6	60	2
Extra Thick Shake - Jamoca® - Small	12 fl oz	410	140	15	10	0	60	240	58	1	53	-	14	25	6	50	2
Extra Thick Shake - Strawberry - Large	24 fl oz	750	180	20	13	0.5	80	320	126	3	119	-	19	30	25	70	15
Extra Thick Shake - Strawberry - Medium	16 fl oz	540	140	15	10	0.5	60	250	88	2	83	-	14	25	15	50	10
Extra Thick Shake - Strawberry - Small	12 fl oz	430	110	12	8	0	50	200	70	2	67	-	11	20	15	40	8
Extra Thick Shake - Vanilla - Large	24 fl oz	730	240	26	17	1	100	410	100	2	94	-	24	40	10	90	2
Extra Thick Shake - Vanilla - Medium	16 fl oz	500	170	19	12	0.5	70	290	66	1	62	-	17	30	6	60	2
Extra Thick Shake - Vanilla - Small	12 fl oz	440	140	16	10	0.5	60	260	60	1	56	-	15	25	6	50	2
Gold Medal Ribbon® Milkshake - Large	32 fl oz	1410	590	65	41	2.5	250	690	180	3	163	-	32	50	10	110	30
Gold Medal Ribbon® Milkshake - Medium	24 fl oz	870	350	38	24	1.5	145	420	114	2	104	-	20	35	6	70	20
Gold Medal Ribbon® Milkshake - Mini	12 fl oz	500	220	24	15	1	95	260	61	1	55	-	12	20	4	40	10
Gold Medal Ribbon® Milkshake - Small	16 fl oz	630	260	28	18	1	110	310	82	1	74	-	14	25	4	50	15

Shakes	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugar (g)	Sugar Alcohol (g)	Protein (g)	Vitamin A	% Daily Value		
															Vitamin C	Calcium	Iron
Mint Chocolate Chip Milkshake - Large	32 fl oz	1440	670	75	47	2.5	260	510	165	4	141	-	32	60	10	110	20
Mint Chocolate Chip Milkshake - Medium	24 fl oz	880	390	44	28	1.5	155	320	106	2	92	-	20	35	6	70	15
Mint Chocolate Chip Milkshake - Mini	12 fl oz	510	250	28	18	1	95	190	56	2	47	-	12	20	4	40	8
Mint Chocolate Chip Milkshake - Small	16 fl oz	640	290	33	20	1	115	230	75	2	65	-	14	25	4	50	10
Oreo® Cookies 'n Cream Milkshake - Large	32 fl oz	1500	650	72	41	2.5	240	720	185	2	148	-	31	50	10	110	15
Oreo® Cookies 'n Cream Milkshake - Medium	24 fl oz	920	380	42	24	1.5	140	440	117	1	96	-	19	30	6	70	8
Oreo® Cookies 'n Cream Milkshake - Mini	12 fl oz	540	240	27	15	1	90	270	63	1	50	-	12	20	4	40	6
Oreo® Cookies 'n Cream Milkshake - Small	16 fl oz	670	280	31	18	1	105	320	84	1	68	-	14	25	4	50	6
Peanut Butter 'n Chocolate Milkshake - Large	32 fl oz	1670	860	95	45	2	215	870	174	10	137	-	43	50	10	100	30
Peanut Butter 'n Chocolate Milkshake - Medium	24 fl oz	1020	500	55	26	1	125	520	111	6	89	-	26	30	6	60	20
Peanut Butter 'n Chocolate Milkshake - Mini	12 fl oz	600	320	36	17	1	80	330	59	4	46	-	16	20	4	40	10
Peanut Butter 'n Chocolate Milkshake - Small	16 fl oz	740	370	41	19	1	95	380	79	4	63	-	19	20	4	45	15
Pumpkin Cheesecake Milkshake - Large	32 fl oz	1470	520	58	35	2	215	740	212	3	178	-	28	130	10	100	10
Pumpkin Cheesecake Milkshake - Medium	24 fl oz	900	310	34	21	1.5	125	450	133	2	113	-	18	80	6	60	6
Pumpkin Cheesecake Milkshake - Mini	12 fl oz	530	190	22	13	1	80	280	73	1	61	-	11	50	4	35	4
Pumpkin Cheesecake Milkshake - Small	16 fl oz	660	230	25	15	1	95	330	96	1	81	-	13	60	4	45	4
Strawberry Milkshake (with Very Berry Strawberry Ice Cream) - Large	32 fl oz	1250	470	52	33	2	210	440	167	2	150	-	27	45	70	100	8

Shakes	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugar (g)	Sugar Alcohol (g)	Protein (g)	% Daily Value			
														Vitamin A	Vitamin C	Calcium	Iron
Strawberry Milkshake (with Very Berry Strawberry Ice Cream) - Medium	24 fl oz	780	280	31	20	1	125	280	107	1	97	-	17	30	40	60	4
Strawberry Milkshake (with Very Berry Strawberry Ice Cream) - Small	16 fl oz	560	210	23	14	1	90	200	76	1	69	-	12	20	30	45	4
Strawberry Milkshake (with Very Berry Strawberry Ice cream) - Mini	12 fl oz	440	180	20	12	0.5	80	170	57	1	51	-	10	20	25	35	2
Vanilla Milkshake - Large	32 fl oz	1420	680	76	48	2.5	300	440	155	1	137	-	29	60	10	110	2
Vanilla Milkshake - Medium	24 fl oz	880	400	45	28	1.5	175	280	100	0	89	-	18	40	6	70	2
Vanilla Milkshake - Mini	12 fl oz	510	260	28	18	1	110	170	52	0	46	-	11	25	4	40	0
Vanilla Milkshake - Small	16 fl oz	630	300	33	21	1	130	200	71	0	63	-	13	30	4	50	0

Smoothies	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugar (g)	Sugar Alcohol (g)	Protein (g)	% Daily Value			
														Vitamin A	Vitamin C	Calcium	Iron
Mango Banana Smoothie - Large	32 fl oz	870	25	3	0.5	0	5	140	208	6	184	-	9	250	40	30	4
Mango Banana Smoothie - Medium	24 fl oz	620	20	2	0	0	5	110	149	5	127	-	8	160	35	25	4
Mango Banana Smoothie - Mini	12 fl oz	310	10	1	0	0	0	50	75	3	65	-	3	80	15	10	2
Mango Banana Smoothie - Small	16 fl oz	440	15	1.5	0	0	0	70	104	3	92	-	5	120	20	15	2
Strawberry Banana Smoothie - Large	32 fl oz	710	10	1	0.5	0	5	135	170	5	145	-	9	2	50	30	30
Strawberry Banana Smoothie - Medium	24 fl oz	520	10	1	0	0	5	110	124	5	102	-	8	2	40	25	20
Strawberry Banana Smoothie - Mini	12 fl oz	250	5	0	0	0	0	50	60	2	50	-	3	2	20	10	10
Strawberry Banana Smoothie - Small	16 fl oz	350	5	0.5	0	0	0	70	85	3	73	-	5	2	25	15	15
Tropical Banana Smoothie - Large	32 fl oz	780	15	1.5	0.5	0	5	140	187	8	160	-	10	30	400	30	6

Smoothies	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugar (g)	Sugar Alcohol (g)	Protein (g)	Vitamin A	% Daily Value		
															Vitamin C	Calcium	Iron
Tropical Banana Smoothie - Medium	24 fl oz	540	10	1.5	0.5	0	5	110	130	6	107	-	8	20	250	25	4
Tropical Banana Smoothie - Mini	12 fl oz	260	5	0.5	0	0	0	50	63	3	52	-	4	10	120	10	2
Tropical Banana Smoothie - Small	16 fl oz	370	5	1	0	0	0	70	89	4	76	-	5	15	190	15	2

Soft Serve Parfaits	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugar (g)	Sugar Alcohol (g)	Protein (g)	Vitamin A	% Daily Value		
															Vitamin C	Calcium	Iron
Made with M&M's® Soft Serve Parfait - Mini	1 Serving (203 grams)	400	140	15	11	0	35	210	56	2	49	-	9	15	90	35	4
Made with M&M's® Soft Serve Parfait - Regular	1 Serving (372 grams)	820	290	32	23	0.5	60	380	119	4	102	-	17	25	170	60	10
Made with Snickers® Soft Serve Parfait - Mini	1 Serving (206 grams)	370	110	12	7	0	35	290	58	1	49	-	9	15	4	30	2
Made with Snickers® Soft Serve Parfait - Regular	1 Serving (368 grams)	730	210	24	13	0.5	65	560	114	2	96	-	16	25	6	50	2
OREO® Soft Serve Parfait - Mini	1 Serving (199 grams)	370	130	15	10	0	35	230	53	2	44	-	9	15	90	30	6
OREO® Soft Serve Parfait - Regular	1 Serving (350 grams)	710	250	28	19	0.5	55	460	103	3	83	-	16	20	170	50	15
Reese's® Soft Serve Parfait - Mini	1 Serving (196 grams)	460	260	29	9	0	35	300	38	3	33	-	14	15	4	30	8
Reese's® Soft Serve Parfait - Regular	1 Serving (352 grams)	920	540	60	19	0	55	620	75	6	64	-	28	20	6	50	15
Strawberry 'n Almonds Soft Serve Parfait - Mini	1 Serving (199 grams)	290	110	12	6	0	35	150	37	2	34	-	9	15	30	30	4
Strawberry 'n Almonds Soft Serve Parfait - Regular	1 Serving (354 grams)	580	250	28	10	0	55	240	67	5	60	-	18	25	60	50	10

Warm Desserts	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugar (g)	Sugar Alcohol (g)	Protein (g)	Vitamin A	% Daily Value		
															Vitamin C	Calcium	Iron
Dark Chocolate Chunk Cookie	1 Cookie (37 grams)	170	60	7	3	0	5	135	26	1	14	-	2	0	0	0	6
Double Fudge Cookie	1 Cookie (37 grams)	160	60	6	3	0	0	100	26	1	15	-	2	0	0	0	10
Peanut Butter Chocolate Cookie	1 Cookie (37 grams)	160	60	7	3	0	0	210	23	1	13	-	3	0	0	2	4
Warm Brownie Sundae	1 Serving (272 grams)	800	390	43	22	1	125	340	95	2	72	-	11	15	130	30	10
Warm Cookie Ice Cream Sandwich - Double Scoop	1 Sandwich (268 grams)	880	380	43	25	1	95	500	114	2	69	-	12	15	2	20	15
Warm Cookie Ice Cream Sandwich - Single Scoop	1 Sandwich (152 grams)	520	220	25	14	0.5	50	320	70	1	42	-	7	8	2	10	10
Warm Cookie Sundae - Double Scoop	1 Serving (340 grams)	1160	540	60	31	1	105	580	144	5	92	-	18	15	130	35	25
Warm Cookie Sundae - Single Scoop	1 Serving (201 grams)	690	300	33	19	0.5	60	380	92	3	58	-	10	10	80	20	15
White Chunk Macadamia Nut Cookie	1 Cookie (37 grams)	180	80	9	4.5	0	0	125	24	1	14	-	2	0	0	2	4

Allergy sufferers should always read the product ingredient statement and allergen information available at www.Baskinrobbins.com Please note that our restaurants prepare and serve products that contain allergens other than the products you select.

Baskin Robbins has made a reasonable effort to provide nutritional and ingredient information based upon standard product formulations and following the FDA guidelines using formulation and nutrition labeling software. Variations may occur due to: seasonal conditions; regional differences; ingredient substitutions and differences in product assembly or size at the restaurant. Test products, limited time offers and regional menu variations may not be included and not all items listed may be available in all restaurants. The information on these printed materials may vary from that which may be available in our restaurants. We will update www.Baskinrobbins.com frequently, so please revisit this site for the most current information. Any customers with further questions regarding specific dietary concerns are advised to visit www.Baskinrobbins.com or call our customer care line at 800-859-5339.