




# Ice Cream and Sorbet Nutritional Information

|  | Serving Weight (g) | Size           | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g)* | Cholesterol (mg) | Sodium (mg) | Total Carbohydrate (g) | Dietary Fiber (g) | Sugar (g) | Sugar Alcohols (g) | Protein (g) | Vitamin A (% DV) | Vitamin C (% DV) | Calcium (% DV) | Iron (% DV) |
|---|--------------------|----------------|----------|-------------------|---------------|-------------------|----------------|------------------|-------------|------------------------|-------------------|-----------|--------------------|-------------|------------------|------------------|----------------|-------------|
| <b>Ice Cream</b>  |                    |                |          |                   |               |                   |                |                  |             |                        |                   |           |                    |             |                  |                  |                |             |
| Amaretto Ice Cream  | 142                | Like It™       | 330      | 180               | 20            | 12                | 0.5            | 80               | 80          | 33                     | 0                 | 29        | 0                  | 5           | 15               | 2                | 20             | 0           |
| Amaretto Ice Cream  | 227                | Love It™       | 530      | 280               | 31            | 20                | 1.0            | 125              | 130         | 53                     | 0                 | 46        | 0                  | 8           | 25               | 4                | 30             | 0           |
| Amaretto Ice Cream  | 340                | Gotta Have It™ | 790      | 420               | 47            | 30                | 1.5            | 185              | 190         | 80                     | 0                 | 69        | 0                  | 12          | 35               | 6                | 45             | 0           |
| Banana Ice Cream  | 142                | Like It        | 310      | 160               | 18            | 12                | 0.5            | 70               | 70          | 33                     | 0                 | 28        | 0                  | 5           | 15               | 4                | 15             | 0           |
| Banana Ice Cream  | 227                | Love It        | 500      | 260               | 29            | 18                | 1.0            | 115              | 115         | 53                     | 0                 | 46        | 0                  | 8           | 20               | 6                | 25             | 0           |
| Banana Ice Cream  | 340                | Gotta Have It  | 750      | 390               | 44            | 28                | 1.0            | 175              | 170         | 80                     | <1                | 68        | 0                  | 11          | 35               | 10               | 40             | 0           |
| Banana Bread Batter Ice Cream   | 142                | Like It        | 330      | 150               | 17            | 11                | 0.0            | 40               | 230         | 43                     | 1                 | 34        | 0                  | 4           | 10               | 4                | 15             | 2           |
| Banana Bread Batter Ice Cream   | 227                | Love It        | 530      | 240               | 28            | 18                | 0.5            | 65               | 360         | 69                     | 1                 | 55        | 0                  | 6           | 15               | 6                | 25             | 4           |
| Banana Bread Batter Ice Cream   | 340                | Gotta Have It  | 800      | 360               | 41            | 27                | 1.0            | 95               | 540         | 103                    | 1                 | 82        | 0                  | 10          | 25               | 10               | 35             | 6           |
| Black Cherry Ice Cream  | 142                | Like It        | 330      | 170               | 19            | 12                | 0.5            | 75               | 75          | 36                     | 0                 | 32        | 0                  | 5           | 15               | 2                | 15             | 0           |
| Black Cherry Ice Cream  | 227                | Love It        | 530      | 270               | 30            | 19                | 1.0            | 120              | 120         | 58                     | 0                 | 51        | 0                  | 8           | 20               | 4                | 25             | 0           |
| Black Cherry Ice Cream  | 340                | Gotta Have It  | 790      | 400               | 44            | 28                | 1.0            | 175              | 180         | 86                     | 0                 | 76        | 0                  | 11          | 35               | 6                | 40             | 0           |
| Blueberry Ice Cream   | 142                | Like It        | 320      | 180               | 20            | 13                | 0.5            | 75               | 55          | 33                     | 0                 | 31        | 0                  | 5           | 15               | 0                | 10             | 0           |
| Blueberry Ice Cream   | 227                | Love It        | 510      | 280               | 31            | 21                | 1.0            | 120              | 90          | 53                     | 0                 | 49        | 0                  | 9           | 25               | 0                | 15             | 0           |
| Blueberry Ice Cream   | 340                | Gotta Have It  | 760      | 420               | 47            | 31                | 1.5            | 185              | 130         | 79                     | 0                 | 74        | 0                  | 13          | 40               | 0                | 25             | 0           |
| Butter Pecan Ice Cream  | 142                | Like It        | 320      | 170               | 19            | 12                | 0.5            | 75               | 105         | 32                     | 0                 | 28        | 0                  | 5           | 15               | 2                | 15             | 0           |
| Butter Pecan Ice Cream  | 227                | Love It        | 520      | 280               | 31            | 20                | 1.0            | 125              | 170         | 53                     | 0                 | 45        | 0                  | 8           | 25               | 4                | 30             | 0           |
| Butter Pecan Ice Cream  | 340                | Gotta Have It  | 780      | 420               | 47            | 30                | 1.5            | 185              | 260         | 79                     | 0                 | 68        | 0                  | 12          | 35               | 6                | 40             | 0           |
| Cake Batter Ice Cream®  | 142                | Like It        | 340      | 170               | 19            | 12                | 0.5            | 70               | 180         | 41                     | 0                 | 32        | 0                  | 5           | 15               | 2                | 20             | 2           |
| Cake Batter Ice Cream   | 227                | Love It        | 550      | 270               | 30            | 19                | 1.0            | 115              | 280         | 66                     | 0                 | 51        | 0                  | 8           | 20               | 4                | 30             | 4           |
| Cake Batter Ice Cream   | 340                | Gotta Have It  | 830      | 410               | 45            | 28                | 1.5            | 170              | 420         | 99                     | 0                 | 76        | 0                  | 12          | 30               | 4                | 45             | 6           |
| Candy Cane Ice Cream  | 142                | Like It        | 340      | 170               | 20            | 13                | 0.0            | 45               | 85          | 41                     | 0                 | 37        | 0                  | 4           | 10               | 2                | 15             | 0           |
| Candy Cane Ice Cream  | 227                | Love It        | 550      | 270               | 31            | 21                | 0.5            | 75               | 135         | 65                     | 0                 | 60        | 0                  | 6           | 20               | 4                | 25             | 0           |
| Candy Cane Ice Cream  | 340                | Gotta Have It  | 830      | 410               | 47            | 31                | 1.0            | 110              | 200         | 98                     | 1                 | 90        | 0                  | 9           | 25               | 6                | 40             | 2           |
| Cheesecake Ice Cream  | 142                | Like It        | 320      | 160               | 19            | 13                | 0.0            | 50               | 85          | 36                     | 0                 | 32        | 0                  | 4           | 10               | 2                | 15             | 0           |
| Cheesecake Ice Cream  | 227                | Love It        | 510      | 260               | 30            | 20                | 1.0            | 75               | 140         | 57                     | 0                 | 51        | 0                  | 6           | 20               | 4                | 25             | 0           |
| Cheesecake Ice Cream  | 340                | Gotta Have It  | 760      | 390               | 45            | 30                | 1.0            | 115              | 210         | 86                     | 1                 | 76        | 0                  | 10          | 30               | 6                | 40             | 0           |
| Cherry Vanilla Ice Cream  | 142                | Like It        | 310      | 160               | 19            | 13                | 0.0            | 45               | 85          | 35                     | 0                 | 32        | 0                  | 4           | 10               | 2                | 15             | 2           |
| Cherry Vanilla Ice Cream  | 227                | Love It        | 500      | 260               | 30            | 20                | 1.0            | 75               | 135         | 56                     | 1                 | 51        | 0                  | 6           | 20               | 4                | 25             | 2           |
| Cherry Vanilla Ice Cream  | 340                | Gotta Have It  | 750      | 390               | 45            | 30                | 1.0            | 115              | 200         | 84                     | 1                 | 77        | 0                  | 9           | 25               | 6                | 40             | 4           |
| Chocolate Ice Cream   | 142                | Like It        | 320      | 180               | 20            | 13                | 0.5            | 75               | 95          | 33                     | 1                 | 30        | 0                  | 6           | 15               | 2                | 20             | 2           |
| Chocolate Ice Cream   | 227                | Love It        | 520      | 290               | 32            | 20                | 1.0            | 125              | 160         | 53                     | 2                 | 48        | 0                  | 9           | 25               | 4                | 30             | 4           |
| Chocolate Ice Cream   | 340                | Gotta Have It  | 780      | 430               | 48            | 30                | 1.5            | 185              | 230         | 79                     | 3                 | 71        | 0                  | 13          | 35               | 6                | 45             | 6           |
| Chocolate Cake Batter Ice Cream®  | 142                | Like It        | 340      | 170               | 19            | 11                | 0.5            | 70               | 210         | 42                     | 1                 | 33        | 0                  | 5           | 15               | 2                | 20             | 4           |
| Chocolate Cake Batter Ice Cream   | 227                | Love It        | 550      | 270               | 30            | 18                | 1.0            | 110              | 340         | 68                     | 2                 | 53        | 0                  | 9           | 20               | 4                | 30             | 6           |
| Chocolate Cake Batter Ice Cream   | 340                | Gotta Have It  | 820      | 400               | 45            | 27                | 1.5            | 160              | 510         | 101                    | 3                 | 79        | 0                  | 13          | 30               | 4                | 45             | 10          |
| Chocolate Dipped Strawberry   | 142                | Like It        | 310      | 170               | 19            | 12                | 0.5            | 30               | 65          | 32                     | 2                 | 29        | 0                  | 5           | 15               | 2                | 15             | 4           |
| Chocolate Dipped Strawberry   | 227                | Love It        | 490      | 270               | 30            | 20                | 1.0            | 45               | 100         | 51                     | 3                 | 46        | 0                  | 8           | 25               | 4                | 25             | 8           |
| Chocolate Dipped Strawberry   | 340                | Gotta Have It  | 740      | 410               | 45            | 30                | 1.0            | 70               | 150         | 77                     | 5                 | 70        | 0                  | 12          | 35               | 6                | 40             | 10          |
| Chocolate Layer Cake Ice Cream  | 142                | Like It        | 340      | 170               | 19            | 12                | 0.0            | 50               | 190         | 38                     | 1                 | 34        | 0                  | 5           | 10               | 2                | 15             | 0           |
| Chocolate Layer Cake Ice Cream  | 227                | Love It        | 540      | 270               | 31            | 19                | 0.5            | 80               | 310         | 62                     | 1                 | 54        | 0                  | 8           | 15               | 4                | 25             | 0           |
| Chocolate Layer Cake Ice Cream  | 340                | Gotta Have It  | 820      | 400               | 47            | 29                | 1.0            | 120              | 460         | 92                     | 2                 | 81        | 0                  | 12          | 25               | 6                | 35             | 0           |
| Chocolate Malt Ice Cream  | 142                | Like It        | 340      | 170               | 19            | 12                | 0.0            | 50               | 135         | 39                     | 1                 | 34        | 0                  | 7           | 10               | 4                | 20             | 0           |
| Chocolate Malt Ice Cream  | 227                | Love It        | 550      | 270               | 31            | 20                | 0.5            | 75               | 220         | 63                     | 2                 | 55        | 0                  | 10          | 20               | 6                | 35             | 2           |
| Chocolate Malt Ice Cream  | 340                | Gotta Have It  | 820      | 400               | 46            | 30                | 1.0            | 115              | 330         | 94                     | 3                 | 82        | 0                  | 16          | 30               | 8                | 50             | 2           |
| Chocolate Peanut Butter Ice Cream   | 142                | Like It        | 410      | 250               | 28            | 13                | 0.0            | 25               | 200         | 36                     | 3                 | 31        | 0                  | 10          | 10               | 0                | 15             | 8           |
| Chocolate Peanut Butter Ice Cream   | 227                | Love It        | 660      | 400               | 45            | 21                | 0.5            | 35               | 320         | 58                     | 4                 | 49        | 0                  | 16          | 20               | 0                | 25             | 10          |
| Chocolate Peanut Butter Ice Cream   | 340                | Gotta Have It  | 990      | 600               | 67            | 31                | 1.0            | 55               | 480         | 86                     | 6                 | 74        | 0                  | 24          | 3                | 0                | 35             | 20          |
| Cinnamon Ice Cream  | 142                | Like It        | 330      | 180               | 20            | 12                | 0.5            | 80               | 80          | 34                     | <1                | 29        | 0                  | 5           | 15               | 2                | 20             | 4           |
| Cinnamon Ice Cream  | 227                | Love It        | 530      | 280               | 32            | 20                | 1.0            | 125              | 125         | 55                     | 1                 | 46        | 0                  | 8           | 20               | 4                | 30             | 6           |
| Cinnamon Ice Cream  | 340                | Gotta Have It  | 790      | 430               | 47            | 30                | 1.5            | 185              | 190         | 82                     | 2                 | 69        | 0                  | 12          | 35               | 6                | 45             | 8           |
| Cinnamon Bun Ice Cream  | 142                | Like It        | 350      | 150               | 18            | 12                | 0.0            | 45               | 190         | 47                     | 1                 | 37        | 0                  | 4           | 10               | 4                | 20             | 4           |
| Cinnamon Bun Ice Cream  | 227                | Love It        | 560      | 240               | 28            | 18                | 1.0            | 70               | 310         | 75                     | 2                 | 59        | 0                  | 7           | 15               | 4                | 30             | 8           |
| Cinnamon Bun Ice Cream  | 340                | Gotta Have It  | 840      | 360               | 42            | 28                | 1.0            | 105              | 460         | 112                    | 2                 | 89        | 0                  | 10          | 25               | 8                | 45             | 10          |
| Coconut Ice Cream   | 142                | Like It        | 330      | 180               | 20            | 12                | 0.5            | 75               | 80          | 33                     | 0                 | 28        | 0                  | 5           | 15               | 2                | 20             | 0           |
| Coconut Ice Cream   | 227                | Love It        | 520      | 280               | 31            | 20                | 1.0            | 125              | 125         | 52                     | 0                 | 45        | 0                  | 8           | 25               | 4                | 30             | 0           |
| Coconut Ice Cream   | 340                | Gotta Have It  | 780      | 420               | 47            | 30                | 1.5            | 185              | 190         | 79                     | 0                 | 68        | 0                  | 12          | 35               | 6                | 40             | 0           |
| Coffee Ice Cream  | 142                | Like It        | 330      | 180               | 20            | 12                | 0.5            | 80               | 80          | 34                     | 0                 | 29        | 0                  | 5           | 15               | 2                | 20             | 0           |
| Coffee Ice Cream  | 227                | Love It        | 530      | 280               | 31            | 20                | 1.0            | 125              | 125         | 54                     | 0                 | 46        | 0                  | 8           | 25               | 4                | 30             | 0           |
| Coffee Ice Cream  | 340                | Gotta Have It  | 790      | 420               | 47            | 30                | 1.5            | 185              | 190         | 81                     | 0                 | 69        | 0                  | 12          | 35               | 6                | 45             | 2           |
| Cotton Candy Ice Cream  | 142                | Like It        | 330      | 170               | 19            | 12                | 0.5            | 75               | 75          | 34                     | 0                 | 28        | 0                  | 5           | 15               | 2                | 20             | 0           |
| Cotton Candy Ice Cream  | 227                | Love It        | 530      | 280               | 31            | 20                | 1.0            | 125              | 120         | 55                     | 0                 | 45        | 0                  | 8           | 25               | 4                | 30             | 0           |
| Cotton Candy Ice Cream  | 340                | Gotta Have It  | 790      | 420               | 47            | 29                | 1.5            | 185              | 180         | 82                     | 0                 | 68        | 0                  | 12          | 35               | 6                | 40             | 0           |
| Dark Chocolate Ice Cream  | 142                | Like It        | 340      | 180               | 20            | 12                | 0.5            | 75               | 95          | 32                     | 3                 | 29        | 0                  | 7           | 15               | 2                | 20             | 2           |
| Dark Chocolate Ice Cream  | 227                | Love It        | 540      | 280               | 32            | 20                | 1.0            | 115              | 150         | 51                     | 5                 | 46        | 0                  | 11          | 20               | 4                | 30             | 4           |
| Dark Chocolate Ice Cream  | 340                | Gotta Have It  | 800      | 420               | 47            | 30                | 1.0            | 175              | 230         | 77                     | 7                 | 68        | 0                  | 16          | 35               | 6                | 45             | 6           |

# Ice Cream and Sorbet Nutritional Information

|  | Serving Weight (g) | Size           | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g)* | Cholesterol (mg) | Sodium (mg) | Total Carbohydrate (g) | Dietary Fiber (g) | Sugar (g) | Sugar Alcohols (g) | Protein (g) | Vitamin A (% DV) | Vitamin C (% DV) | Calcium (% DV) | Iron (% DV) |
|---|--------------------|----------------|----------|-------------------|---------------|-------------------|----------------|------------------|-------------|------------------------|-------------------|-----------|--------------------|-------------|------------------|------------------|----------------|-------------|
| <b>Ice Cream</b>  |                    |                |          |                   |               |                   |                |                  |             |                        |                   |           |                    |             |                  |                  |                |             |
| Dark Chocolate Peppermint Ice Cream   | 142                | Like It™       | 330      | 170               | 20            | 13                | 0.0            | 45               | 85          | 32                     | 3                 | 29        | 0                  | 6           | 10               | 4                | 20             | 0           |
| Dark Chocolate Peppermint Ice Cream   | 227                | Love It™       | 520      | 270               | 31            | 21                | 1.0            | 75               | 140         | 51                     | 5                 | 47        | 0                  | 10          | 20               | 4                | 30             | 0           |
| Dark Chocolate Peppermint Ice Cream   | 340                | Gotta Have It™ | 780      | 400               | 47            | 31                | 1.0            | 115              | 210         | 76                     | 7                 | 70        | 0                  | 15          | 25               | 8                | 45             | 0           |
| Egg Nog Ice Cream   | 142                | Like It        | 260      | 140               | 16            | 10                | 0.0            | 65               | 85          | 26                     | 0                 | 23        | 0                  | 5           | 8                | 4                | 20             | 0           |
| Egg Nog Ice Cream   | 227                | Love It        | 410      | 220               | 25            | 16                | 0.0            | 105              | 135         | 42                     | 0                 | 36        | 0                  | 8           | 15               | 6                | 30             | 2           |
| Egg Nog Ice Cream   | 340                | Gotta Have It  | 620      | 330               | 38            | 24                | 0.5            | 160              | 200         | 63                     | 0                 | 54        | 0                  | 12          | 20               | 8                | 45             | 2           |
| French Toast Ice Cream  | 142                | Like It        | 330      | 170               | 19            | 12                | 0.5            | 75               | 150         | 35                     | 0                 | 30        | 0                  | 5           | 15               | 2                | 20             | 0           |
| French Toast Ice Cream  | 227                | Love It        | 530      | 270               | 31            | 19                | 1.0            | 120              | 250         | 56                     | 0                 | 49        | 0                  | 8           | 25               | 4                | 30             | 0           |
| French Toast Ice Cream  | 340                | Gotta Have It  | 790      | 410               | 46            | 29                | 1.5            | 180              | 370         | 84                     | 0                 | 73        | 0                  | 12          | 35               | 6                | 50             | 2           |
| French Vanilla Ice Cream  | 142                | Like It        | 340      | 170               | 19            | 14                | 0.5            | 100              | 80          | 37                     | 0                 | 33        | 0                  | 5           | 15               | 2                | 15             | 0           |
| French Vanilla Ice Cream  | 227                | Love It        | 540      | 270               | 30            | 22                | 1.0            | 60               | 125         | 60                     | 0                 | 52        | 0                  | 8           | 25               | 4                | 25             | 0           |
| French Vanilla Ice Cream  | 340                | Gotta Have It  | 810      | 410               | 46            | 33                | 1.5            | 240              | 190         | 89                     | 0                 | 78        | 0                  | 12          | 35               | 6                | 40             | 2           |
| Fudge Brownie Batter Ice Cream  | 142                | Like It        | 350      | 170               | 19            | 12                | 0.5            | 30               | 125         | 43                     | 2                 | 37        | 0                  | 5           | 15               | 0                | 15             | 8           |
| Fudge Brownie Batter Ice Cream  | 227                | Love It        | 550      | 270               | 30            | 19                | 1.0            | 45               | 200         | 69                     | 2                 | 59        | 0                  | 8           | 20               | 0                | 25             | 10          |
| Fudge Brownie Batter Ice Cream  | 340                | Gotta Have It  | 830      | 410               | 45            | 29                | 1.5            | 65               | 300         | 103                    | 4                 | 89        | 0                  | 12          | 30               | 0                | 35             | 15          |
| Fudge Truffle Ice Cream   | 142                | Like It        | 340      | 150               | 18            | 12                | 0.0            | 40               | 150         | 44                     | 2                 | 40        | 0                  | 6           | 10               | 2                | 20             | 4           |
| Fudge Truffle Ice Cream   | 227                | Love It        | 540      | 240               | 28            | 19                | 0.5            | 60               | 240         | 70                     | 3                 | 63        | 0                  | 9           | 15               | 4                | 30             | 8           |
| Fudge Truffle Ice Cream   | 340                | Gotta Have It  | 810      | 360               | 42            | 29                | 1.0            | 95               | 370         | 105                    | 5                 | 95        | 0                  | 14          | 20               | 6                | 45             | 10          |
| Ghirardelli® Chocolate Ice Cream  | 142                | Like It        | 330      | 180               | 20            | 12                | 0.5            | 75               | 75          | 37                     | 4                 | 27        | 0                  | 7           | 20               | 2                | 20             | 15          |
| Ghirardelli Chocolate Ice Cream   | 227                | Love It        | 520      | 280               | 31            | 20                | 1.0            | 115              | 125         | 59                     | 6                 | 43        | 0                  | 11          | 35               | 4                | 30             | 30          |
| Ghirardelli Chocolate Ice Cream   | 340                | Gotta Have It  | 780      | 420               | 47            | 30                | 1.0            | 175              | 180         | 88                     | 8                 | 64        | 0                  | 16          | 50               | 6                | 45             | 40          |
| Irish Cream Ice Cream   | 142                | Like It        | 330      | 180               | 20            | 13                | 0.5            | 80               | 80          | 33                     | 0                 | 29        | 0                  | 5           | 15               | 2                | 20             | 0           |
| Irish Cream Ice Cream   | 227                | Love It        | 530      | 290               | 32            | 20                | 1.0            | 125              | 125         | 54                     | 0                 | 46        | 0                  | 8           | 25               | 4                | 30             | 0           |
| Irish Cream Ice Cream   | 340                | Gotta Have It  | 790      | 430               | 47            | 30                | 1.5            | 190              | 190         | 80                     | 0                 | 70        | 0                  | 12          | 35               | 6                | 45             | 0           |
| Key Lime Ice Cream  | 142                | Like It        | 340      | 180               | 20            | 13                | 0.5            | 70               | 50          | 39                     | 0                 | 36        | 0                  | 5           | 15               | 0                | 10             | 0           |
| Key Lime Ice Cream  | 227                | Love It        | 550      | 290               | 32            | 21                | 1.0            | 115              | 80          | 63                     | 0                 | 58        | 0                  | 8           | 25               | 0                | 15             | 0           |
| Key Lime Ice Cream  | 340                | Gotta Have It  | 820      | 430               | 48            | 31                | 1.0            | 170              | 120         | 94                     | 0                 | 87        | 0                  | 12          | 35               | 0                | 25             | 0           |
| Macadamia Nut Ice Cream   | 142                | Like It        | 330      | 180               | 20            | 12                | 0.5            | 80               | 75          | 34                     | 0                 | 29        | 0                  | 5           | 15               | 2                | 20             | 0           |
| Macadamia Nut Ice Cream   | 227                | Love It        | 530      | 280               | 31            | 20                | 1.0            | 125              | 125         | 54                     | 0                 | 46        | 0                  | 8           | 25               | 4                | 30             | 0           |
| Macadamia Nut Ice Cream   | 340                | Gotta Have It  | 790      | 420               | 47            | 30                | 1.5            | 185              | 190         | 81                     | 0                 | 70        | 0                  | 12          | 35               | 6                | 45             | 0           |
| Mango Ice Cream   | 142                | Like It        | 310      | 160               | 18            | 12                | 0.5            | 70               | 70          | 33                     | 0                 | 28        | 0                  | 5           | 15               | 8                | 15             | 0           |
| Mango Ice Cream   | 227                | Love It        | 490      | 260               | 29            | 18                | 1.0            | 115              | 115         | 53                     | 0                 | 45        | 0                  | 7           | 25               | 10               | 25             | 0           |
| Mango Ice Cream   | 340                | Gotta Have It  | 740      | 390               | 44            | 28                | 1.0            | 175              | 170         | 80                     | 0                 | 68        | 0                  | 11          | 35               | 20               | 40             | 0           |
| Marshmallow Ice Cream   | 142                | Like It        | 330      | 160               | 17            | 12                | 0.0            | 65               | 50          | 41                     | 0                 | 35        | 0                  | 5           | 15               | 0                | 10             | 0           |
| Marshmallow Ice Cream   | 227                | Love It        | 530      | 250               | 28            | 18                | 1.0            | 105              | 80          | 66                     | 0                 | 56        | 0                  | 8           | 25               | 0                | 15             | 0           |
| Marshmallow Ice Cream   | 340                | Gotta Have It  | 790      | 370               | 41            | 28                | 1.0            | 160              | 120         | 99                     | 0                 | 83        | 0                  | 12          | 35               | 0                | 25             | 0           |
| Mint Ice Cream  | 142                | Like It        | 330      | 170               | 19            | 12                | 0.5            | 75               | 75          | 36                     | 0                 | 31        | 0                  | 5           | 15               | 2                | 15             | 0           |
| Mint Ice Cream  | 227                | Love It        | 530      | 270               | 30            | 19                | 1.0            | 120              | 120         | 57                     | 0                 | 50        | 0                  | 8           | 25               | 4                | 30             | 0           |
| Mint Ice Cream  | 340                | Gotta Have It  | 790      | 410               | 45            | 29                | 1.5            | 180              | 180         | 86                     | 0                 | 75        | 0                  | 12          | 35               | 6                | 45             | 0           |
| Mocha Ice Cream   | 142                | Like It        | 320      | 180               | 20            | 12                | 0.5            | 75               | 95          | 33                     | 1                 | 29        | 0                  | 6           | 15               | 2                | 20             | 2           |
| Mocha Ice Cream   | 227                | Love It        | 520      | 280               | 31            | 20                | 1.0            | 120              | 150         | 53                     | 2                 | 47        | 0                  | 9           | 25               | 4                | 30             | 4           |
| Mocha Ice Cream   | 340                | Gotta Have It  | 780      | 420               | 47            | 30                | 1.5            | 180              | 230         | 80                     | 3                 | 70        | 0                  | 14          | 35               | 6                | 45             | 6           |
| Oatmeal Cookie Batter Ice Cream   | 142                | Like It        | 340      | 170               | 19            | 12                | 0.5            | 75               | 110         | 36                     | 0                 | 28        | 0                  | 5           | 15               | 2                | 20             | 4           |
| Oatmeal Cookie Batter Ice Cream   | 227                | Love It        | 540      | 280               | 31            | 19                | 1.0            | 120              | 170         | 58                     | <1                | 45        | 0                  | 9           | 30               | 4                | 30             | 6           |
| Oatmeal Cookie Batter Ice Cream   | 340                | Gotta Have It  | 810      | 420               | 46            | 29                | 1.5            | 180              | 260         | 87                     | <1                | 68        | 0                  | 13          | 40               | 6                | 45             | 8           |
| Orange Dreamsicle Ice Cream   | 142                | Like It        | 320      | 170               | 19            | 12                | 0.5            | 75               | 75          | 35                     | 0                 | 28        | 0                  | 5           | 15               | 2                | 15             | 0           |
| Orange Dreamsicle Ice Cream   | 227                | Love It        | 510      | 270               | 30            | 19                | 1.0            | 120              | 120         | 55                     | 0                 | 45        | 0                  | 8           | 25               | 4                | 25             | 0           |
| Orange Dreamsicle Ice Cream   | 340                | Gotta Have It  | 760      | 400               | 45            | 28                | 1.5            | 180              | 180         | 83                     | 0                 | 68        | 0                  | 11          | 35               | 6                | 40             | 0           |
| OREO® Crème Ice Cream   | 142                | Like It        | 440      | 280               | 31            | 14                | 0.5            | 60               | 80          | 41                     | 0                 | 38        | 0                  | 4           | 15               | 0                | 8              | 0           |
| OREO® Crème Ice Cream   | 227                | Love It        | 710      | 440               | 49            | 23                | 1.0            | 95               | 125         | 65                     | 0                 | 61        | 0                  | 7           | 20               | 0                | 15             | 0           |
| OREO® Crème Ice Cream   | 340                | Gotta Have It  | 1060     | 660               | 74            | 35                | 1.5            | 145              | 190         | 97                     | 0                 | 91        | 0                  | 10          | 30               | 0                | 20             | 0           |
| Peanut Butter Ice Cream   | 142                | Like It        | 370      | 220               | 24            | 13                | 0.5            | 75               | 130         | 33                     | <1                | 28        | 0                  | 7           | 15               | 2                | 15             | 0           |
| Peanut Butter Ice Cream   | 227                | Love It        | 590      | 350               | 39            | 20                | 1.0            | 115              | 210         | 53                     | 1                 | 44        | 0                  | 12          | 20               | 4                | 25             | 2           |
| Peanut Butter Ice Cream   | 340                | Gotta Have It  | 890      | 520               | 58            | 30                | 1.0            | 175              | 310         | 79                     | 2                 | 66        | 0                  | 18          | 35               | 6                | 40             | 4           |
| Pecan Praline Ice Cream   | 142                | Like It        | 330      | 170               | 19            | 12                | 0.5            | 75               | 90          | 37                     | 0                 | 31        | 0                  | 5           | 15               | 2                | 15             | 0           |
| Pecan Praline Ice Cream   | 227                | Love It        | 530      | 270               | 30            | 19                | 1.0            | 115              | 150         | 58                     | 0                 | 49        | 0                  | 8           | 20               | 4                | 25             | 0           |
| Pecan Praline Ice Cream   | 340                | Gotta Have It  | 800      | 400               | 45            | 28                | 1.0            | 175              | 220         | 88                     | 0                 | 73        | 0                  | 11          | 35               | 6                | 40             | 0           |
| Peppermint Mocha Ice Cream  | 142                | Like It        | 320      | 170               | 20            | 13                | 0.0            | 50               | 90          | 32                     | 1                 | 30        | 0                  | 5           | 10               | 4                | 20             | 0           |
| Peppermint Mocha Ice Cream  | 227                | Love It        | 510      | 270               | 31            | 21                | 1.0            | 80               | 140         | 52                     | 2                 | 48        | 0                  | 8           | 20               | 4                | 30             | 0           |
| Peppermint Mocha Ice Cream  | 340                | Gotta Have It  | 760      | 400               | 47            | 31                | 1.0            | 115              | 210         | 78                     | 3                 | 72        | 0                  | 12          | 30               | 8                | 45             | 2           |
| Pineapple Upside Down Cake Ice Cream  | 142                | Like It        | 310      | 150               | 17            | 11                | 0.0            | 40               | 150         | 37                     | 1                 | 32        | 0                  | 4           | 10               | 6                | 15             | 2           |
| Pineapple Upside Down Cake Ice Cream  | 227                | Love It        | 490      | 240               | 27            | 17                | 0.5            | 60               | 240         | 60                     | 1                 | 51        | 0                  | 6           | 15               | 10               | 25             | 4           |
| Pineapple Upside Down Cake Ice Cream  | 340                | Gotta Have It  | 740      | 350               | 41            | 26                | 1.0            | 90               | 350         | 90                     | 1                 | 76        | 0                  | 9           | 25               | 15               | 35             | 4           |
| Pistachio Ice Cream   | 142                | Like It        | 330      | 180               | 20            | 12                | 0.5            | 80               | 85          | 34                     | 0                 | 29        | 0                  | 5           | 15               | 2                | 20             | 0           |
| Pistachio Ice Cream   | 227                | Love It        | 520      | 280               | 31            | 20                | 1.0            | 125              | 135         | 54                     | 0                 | 46        | 0                  | 8           | 25               | 4                | 30             | 0           |
| Pistachio Ice Cream   | 340                | Gotta Have It  | 780      | 420               | 47            | 30                | 1.5            | 185              | 200         | 80                     | 0                 | 70        | 0                  | 12          | 35               | 6                | 45             | 0           |
| Pumpkin Ice Cream   | 142                | Like It        | 290      | 140               | 15            | 10                | 0.0            | 60               | 105         | 33                     | 1                 | 28        | 0                  | 4           | 10               | 0                | 15             | 0           |
| Pumpkin Ice Cream   | 227                | Love It        | 460      | 220               | 24            | 15                | 0.5            | 95               | 170         | 53                     | 2                 | 45        | 0                  | 7           | 20               | 2                | 20             | 0           |
| Pumpkin Ice Cream   | 340                | Gotta Have It  | 680      | 330               | 37            | 23                | 1.0            | 145              | 260         | 80                     | 3                 | 67        | 0                  | 10          | 25               | 4                | 35             | 0           |

# Ice Cream and Sorbet Nutritional Information

|  | Serving Weight (g) | Size           | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g)* | Cholesterol (mg) | Sodium (mg) | Total Carbohydrate (g) | Dietary Fiber (g) | Sugar (g) | Sugar Alcohols (g) | Protein (g) | Vitamin A (% DV) | Vitamin C (% DV) | Calcium (% DV) | Iron (% DV) |
|---|--------------------|----------------|----------|-------------------|---------------|-------------------|----------------|------------------|-------------|------------------------|-------------------|-----------|--------------------|-------------|------------------|------------------|----------------|-------------|
| Raspberry Ice Cream   | 142                | Like It        | 330      | 170               | 19            | 12                | 0.5            | 75               | 75          | 36                     | 0                 | 31        | 0                  | 5           | 15               | 15               | 20             | 6           |
| Raspberry Ice Cream   | 227                | Love It        | 520      | 270               | 30            | 19                | 1.0            | 120              | 125         | 57                     | 0                 | 50        | 0                  | 8           | 25               | 25               | 30             | 10          |
| Raspberry Ice Cream   | 340                | Gotta Have It  | 780      | 400               | 44            | 28                | 1.0            | 175              | 180         | 85                     | 0                 | 75        | 0                  | 12          | 35               | 35               | 40             | 15          |
| <b>Ice Cream</b>  |                    |                |          |                   |               |                   |                |                  |             |                        |                   |           |                    |             |                  |                  |                |             |
| Red Velvet Cake Ice Cream   | 142                | Like It™       | 350      | 170               | 19            | 11                | 0.0            | 50               | 210         | 41                     | 1                 | 34        | 0                  | 5           | 10               | 2                | 15             | 10          |
| Red Velvet Cake Ice Cream   | 227                | Love It™       | 550      | 270               | 31            | 18                | 0.5            | 80               | 340         | 66                     | 1                 | 55        | 0                  | 8           | 15               | 4                | 25             | 20          |
| Red Velvet Cake Ice Cream   | 340                | Gotta Have It™ | 830      | 400               | 46            | 27                | 1.0            | 120              | 510         | 99                     | 1                 | 82        | 0                  | 12          | 25               | 6                | 35             | 30          |
| Salted Caramel Ice Cream  | 142                | Like It        | 330      | 150               | 18            | 12                | 0.0            | 60               | 210         | 42                     | 0                 | 35        | 0                  | 4           | 10               | 2                | 15             | 0           |
| Salted Caramel Ice Cream  | 227                | Love It        | 530      | 250               | 29            | 19                | 0.5            | 95               | 340         | 66                     | 1                 | 57        | 0                  | 6           | 20               | 4                | 25             | 0           |
| Salted Caramel Ice Cream  | 340                | Gotta Have It  | 800      | 370               | 43            | 28                | 1.0            | 145              | 510         | 100                    | 1                 | 85        | 0                  | 9           | 25               | 6                | 40             | 0           |
| Skinny Vanilla Ice Cream  | 142                | Like It        | 230      | 50                | 6             | 4                 | 0.0            | 25               | 220         | 36                     | 1                 | 11        | 9                  | 7           | 4                | 0                | 25             | 0           |
| Skinny Vanilla Ice Cream  | 227                | Love It        | 360      | 90                | 10            | 6                 | 0.0            | 40               | 350         | 57                     | 1                 | 18        | 14                 | 11          | 6                | 0                | 40             | 2           |
| Skinny Vanilla Ice Cream  | 340                | Gotta Have It  | 550      | 130               | 14            | 9                 | 0.0            | 60               | 530         | 86                     | 2                 | 27        | 21                 | 17          | 10               | 0                | 60             | 2           |
| Strawberry Ice Cream  | 142                | Like It        | 320      | 170               | 18            | 12                | 0.5            | 75               | 75          | 35                     | 0                 | 30        | 0                  | 5           | 15               | 8                | 15             | 0           |
| Strawberry Ice Cream  | 227                | Love It        | 510      | 270               | 30            | 19                | 1.0            | 115              | 120         | 55                     | 0                 | 48        | 0                  | 8           | 20               | 10               | 25             | 0           |
| Strawberry Ice Cream  | 340                | Gotta Have It  | 770      | 400               | 44            | 28                | 1.0            | 175              | 180         | 83                     | 0                 | 72        | 0                  | 11          | 35               | 15               | 40             | 0           |
| Strawberry Cheesecake Ice Cream   | 142                | Like It        | 320      | 180               | 21            | 12                | 0.0            | 65               | 50          | 39                     | 0                 | 32        | 0                  | 5           | 15               | 2                | 10             | 2           |
| Strawberry Cheesecake Ice Cream   | 227                | Love It        | 520      | 290               | 33            | 18                | 1.0            | 105              | 85          | 63                     | 0                 | 51        | 0                  | 8           | 25               | 2                | 15             | 2           |
| Strawberry Cheesecake Ice Cream   | 340                | Gotta Have It  | 780      | 430               | 50            | 28                | 1.0            | 160              | 125         | 94                     | 1                 | 77        | 0                  | 12          | 35               | 4                | 25             | 2           |
| Sweet Cream Ice Cream   | 142                | Like It        | 330      | 180               | 20            | 13                | 0.5            | 80               | 80          | 33                     | 0                 | 29        | 0                  | 5           | 15               | 2                | 20             | 0           |
| Sweet Cream Ice Cream   | 227                | Love It        | 530      | 290               | 32            | 20                | 1.0            | 125              | 125         | 53                     | 0                 | 46        | 0                  | 8           | 25               | 4                | 30             | 0           |
| Sweet Cream Ice Cream   | 340                | Gotta Have It  | 790      | 430               | 48            | 30                | 1.5            | 190              | 190         | 80                     | 0                 | 70        | 0                  | 12          | 35               | 6                | 45             | 0           |
| Vanilla Bean Ice Cream  | 142                | Like It        | 330      | 170               | 19            | 12                | 0.5            | 75               | 75          | 32                     | 0                 | 28        | 0                  | 5           | 15               | 2                | 15             | 0           |
| Vanilla Bean Ice Cream  | 227                | Love It        | 530      | 280               | 31            | 19                | 1.0            | 120              | 120         | 52                     | 0                 | 45        | 0                  | 8           | 25               | 4                | 30             | 0           |
| Vanilla Bean Ice Cream  | 340                | Gotta Have It  | 790      | 410               | 46            | 29                | 1.5            | 180              | 180         | 77                     | 0                 | 67        | 0                  | 12          | 35               | 6                | 40             | 0           |
| White Chocolate Ice Cream   | 142                | Like It        | 320      | 170               | 19            | 12                | 0.5            | 75               | 75          | 33                     | 0                 | 28        | 0                  | 5           | 15               | 2                | 20             | 0           |
| White Chocolate Ice Cream   | 227                | Love It        | 520      | 280               | 31            | 20                | 1.0            | 125              | 125         | 53                     | 0                 | 45        | 0                  | 8           | 25               | 4                | 30             | 0           |
| White Chocolate Ice Cream   | 340                | Gotta Have It  | 780      | 420               | 47            | 29                | 1.5            | 185              | 180         | 79                     | 0                 | 68        | 0                  | 12          | 35               | 6                | 40             | 0           |
| White Peppermint Ice Cream  | 142                | Like It        | 320      | 170               | 20            | 13                | 0.5            | 50               | 90          | 33                     | 0                 | 32        | 0                  | 4           | 10               | 2                | 20             | 0           |
| White Peppermint Ice Cream  | 227                | Love It        | 510      | 270               | 32            | 21                | 1.0            | 80               | 140         | 52                     | 0                 | 51        | 0                  | 7           | 20               | 4                | 30             | 0           |
| White Peppermint Ice Cream  | 340                | Gotta Have It  | 770      | 410               | 48            | 32                | 1.0            | 120              | 210         | 78                     | 1                 | 76        | 0                  | 10          | 30               | 8                | 40             | 2           |
| <b>Sorbet</b>   |                    |                |          |                   |               |                   |                |                  |             |                        |                   |           |                    |             |                  |                  |                |             |
| Countrytime® Pink Lemonade Sorbet   | 142                | Like It        | 240      | 0                 | 0             | 0                 | 0.0            | 0                | 25          | 59                     | 0                 | 59        | 0                  | 0           | 0                | 45               | 0              | 0           |
| Countrytime Pink Lemonade Sorbet  | 227                | Love It        | 380      | 0                 | 0             | 0                 | 0.0            | 0                | 35          | 95                     | 0                 | 95        | 0                  | 0           | 0                | 70               | 0              | 0           |
| Countrytime Pink Lemonade Sorbet  | 340                | Gotta Have It  | 570      | 0                 | 0             | 0                 | 0.0            | 0                | 55          | 142                    | 0                 | 142       | 0                  | 0           | 0                | 100              | 0              | 0           |
| Lemon Sorbet  | 142                | Like It        | 150      | 0                 | 0             | 0                 | 0.0            | 0                | 15          | 40                     | 0                 | 34        | 0                  | 0           | 0                | 4                | 0              | 0           |
| Lemon Sorbet  | 227                | Love It        | 250      | 0                 | 0             | 0                 | 0.0            | 0                | 25          | 64                     | 0                 | 54        | 0                  | 0           | 0                | 6                | 0              | 0           |
| Lemon Sorbet  | 340                | Gotta Have It  | 370      | 0                 | 0             | 0                 | 0.0            | 0                | 35          | 96                     | <1                | 81        | 0                  | 0           | 0                | 10               | 0              | 0           |
| Mojito Sorbet   | 142                | Like It        | 190      | 15                | 2             | 1                 | 0.0            | 0                | 0           | 46                     | 0                 | 44        | 0                  | 0           | 0                | 0                | 0              | 0           |
| Mojito Sorbet   | 227                | Love It        | 310      | 25                | 3             | 1.5               | 0.0            | 0                | 5           | 74                     | 0                 | 71        | 0                  | 0           | 0                | 0                | 0              | 0           |
| Mojito Sorbet   | 340                | Gotta Have It  | 470      | 40                | 4.5           | 2.5               | 0.0            | 0                | 10          | 110                    | 1                 | 107       | 0                  | 0           | 0                | 0                | 0              | 0           |
| Orange Sorbet   | 142                | Like It        | 150      | 0                 | 0             | 0                 | 0.0            | 0                | 10          | 38                     | 0                 | 38        | 0                  | 0           | 0                | 0                | 0              | 0           |
| Orange Sorbet   | 227                | Love It        | 240      | 0                 | 0             | 0                 | 0.0            | 0                | 15          | 61                     | 0                 | 60        | 0                  | 0           | 0                | 0                | 0              | 0           |
| Orange Sorbet   | 340                | Gotta Have It  | 360      | 0                 | 0             | 0                 | 0.0            | 0                | 20          | 92                     | 1                 | 90        | 0                  | 0           | 0                | 0                | 0              | 0           |
| Pineapple Sorbet  | 142                | Like It        | 140      | 0                 | 0             | 0                 | 0.0            | 0                | 0           | 37                     | 0                 | 36        | 0                  | 0           | 0                | 4                | 0              | 0           |
| Pineapple Sorbet  | 227                | Love It        | 230      | 0                 | 0             | 0                 | 0.0            | 0                | 5           | 59                     | 1                 | 58        | 0                  | 0           | 0                | 6                | 2              | 0           |
| Pineapple Sorbet  | 340                | Gotta Have It  | 340      | 0                 | 0             | 0                 | 0.0            | 0                | 10          | 88                     | 1                 | 87        | 0                  | 0           | 0                | 10               | 2              | 2           |
| Raspberry Sorbet  | 142                | Like It        | 160      | 0                 | 0             | 0                 | 0.0            | 0                | 15          | 42                     | 0                 | 36        | 0                  | 0           | 0                | 15               | 0              | 6           |
| Raspberry Sorbet  | 227                | Love It        | 260      | 0                 | 0             | 0                 | 0.0            | 0                | 30          | 67                     | 0                 | 58        | 0                  | 0           | 0                | 20               | 0              | 10          |
| Raspberry Sorbet  | 340                | Gotta Have It  | 390      | 0                 | 0             | 0                 | 0.0            | 0                | 40          | 101                    | <1                | 87        | 0                  | 0           | 0                | 30               | 0              | 15          |
| Strawberry Mango Banana Sorbet  | 142                | Like It        | 220      | 0                 | 0             | 0                 | 0.0            | 0                | 15          | 55                     | 0                 | 52        | 0                  | 0           | 4                | 4                | 0              | 0           |
| Strawberry Mango Banana Sorbet  | 227                | Love It        | 350      | 0                 | 0             | 0                 | 0.0            | 0                | 25          | 87                     | 1                 | 83        | 0                  | 0           | 6                | 8                | 0              | 2           |
| Strawberry Mango Banana Sorbet  | 340                | Gotta Have It  | 520      | 5                 | 0.5           | 0                 | 0.0            | 0                | 35          | 131                    | 1                 | 125       | 0                  | 0           | 8                | 10               | 0              | 2           |
| Watermelon Sorbet   | 142                | Like It        | 160      | 0                 | 0             | 0                 | 0.0            | 0                | 15          | 41                     | 0                 | 35        | 0                  | 0           | 0                | 0                | 0              | 0           |
| Watermelon Sorbet   | 227                | Love It        | 260      | 0                 | 0             | 0                 | 0.0            | 0                | 25          | 66                     | 0                 | 56        | 0                  | 0           | 0                | 0                | 0              | 0           |
| Watermelon Sorbet   | 340                | Gotta Have It  | 380      | 0                 | 0             | 0                 | 0.0            | 90               | 40          | 99                     | <1                | 84        | 0                  | 0           | 0                | 0                | 0              | 0           |

\*Trans fats found in some of the ice cream flavors are naturally occurring in dairy products. 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.

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