




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)
Ice Cream																		
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
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


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	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)	
Ice Cream																			
Dulce De Leche Ice Cream	142	Like It	330	160	19	13	0	50	100	38	0	37	0	5	10	2	20	0	
Dulce De Leche Ice Cream	227	Love It	260	530	30	20	0	80	160	61	0	60	0	8	20	4	30	0	
Dulce De Leche Ice Cream	340	Gotta Have It	800	390	46	30	0	120	250	91	0	90	0	12	30	6	50	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	
Lemon Custard Ice Cream	142	Like It	320	160	18	12	0.0	65	90	36	0	32	0	4	10	2	15	0	
Lemon Custard Ice Cream	227	Love It	510	250	29	19	0.5	110	150	58	1	52	0	6	20	4	25	0	
Lemon Custard Ice Cream	340	Gotta Have It	760	380	44	29	1.0	160	220	88	1	78	0	9	30	6	40	2	
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	
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	

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	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)
Ice Cream																		
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
Red Hot Ice Cream	142	Like It	340	170	20	13	0	45	95	39	0	36	0	4	10	2	15	0
Red Hot Ice Cream	227	Love It	540	270	32	21	0	75	160	63	0	58	0	6	20	4	25	0
Red Hot Ice Cream	340	Gotta Have It	810	410	48	31	0	110	230	94	1	86	0	9	25	6	40	0
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
Red Velvet Cheesecake Ice Cream	142	Like It	310	150	17	11	0.0	45	140	40	1	29	0	4	10	2	15	0
Red Velvet Cheesecake Ice Cream	227	Love It	500	240	28	18	0.5	70	220	64	2	47	0	7	15	4	25	0
Red Velvet Cheesecake Ice Cream	341	Gotta Have It	750	360	41	27	1.0	105	340	96	2	70	0	10	25	6	40	2
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
Salted Chocolate Caramel Ice Cream	142	Like It	350	180	21	13	0.0	45	170	38	1	35	0	4	10	2	15	2
Salted Chocolate Caramel Ice Cream	227	Love It	560	290	34	21	0.0	75	270	61	1	56	0	7	20	4	25	4
Salted Chocolate Caramel Ice Cream	340	Gotta Have It	830	440	51	31	0.0	110	400	91	1	84	0	10	25	6	40	4
Skinny Vanilla Ice Cream	142	Like It	210	60	7	4.5	0.0	15	260	39	1	11	10	8	4	6	30	0
Skinny Vanilla Ice Cream	227	Love It	340	90	11	8	0.0	25	410	63	1	17	16	12	6	10	45	2
Skinny Vanilla Ice Cream	340	Gotta Have It	510	140	16	11	0.0	40	620	94	2	26	23	19	10	15	70	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 Cake Batter Ice Cream	142	Like It	340	160	18	12	0.0	45	180	43	1	36	0	4	10	4	15	2
Strawberry Cake Batter Ice Cream	227	Love It	550	250	29	19	0.0	70	290	69	1	57	0	7	15	6	25	4
Strawberry Cake Batter Ice Cream	340	Gotta Have It	820	370	43	28	0.0	105	430	103	1	86	0	10	25	8	40	6
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
Tart Cherry Ice Cream	142	Like It	320	170	20	13	0.5	50	90	33	0	32	0	4	15	4	15	0
Tart Cherry Ice Cream	227	Love It	510	270	31	21	1.0	80	140	52	0	51	0	7	20	6	25	0
Tart Cherry Ice Cream	341	Gotta Have It	760	400	47	31	1.0	120	210	79	1	77	0	10	35	8	40	2
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

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)	
Sorbet																			
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	
Pink Champagne Sorbet	142	Like It	170	0	0	0	0.0	0	55	43	0	40	0	0	0	0	0	0	
Pink Champagne Sorbet	227	Love It	270	0	0	0	0.0	0	85	69	0	63	0	0	0	0	0	0	
Pink Champagne Sorbet	341	Gotta Have It	400	0	0	0	0.0	0	130	103	1	95	0	0	0	0	0	0	
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 Sorbet	142	Like It	170	0	0	0	0.0	0	5	43	1	41	0	0	0	2	0	2	
Strawberry Sorbet	227	Love It	270	0	0	0	0.0	0	10	69	1	65	0	0	0	2	2	2	
Strawberry Sorbet	340	Gotta Have It	400	0	0	0	0.0	0	15	104	1	98	0	0	0	4	2	4	
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	
Tangerine Sorbet	142	Like It	170	0	0	0	0.0	0	35	43	0	43	0	0	0	0	0	0	
Tangerine Sorbet	227	Love It	270	0	0	0	0.0	0	60	69	1	69	0	0	0	0	0	0	
Tangerine Sorbet	340	Gotta Have It	400	0	0	0	0.0	0	90	104	1	103	0	0	0	0	0	0	
Tart Cherry Sorbet	142	Like It	160	0	0	0	0.0	0	5	40	0	39	0	0	2	0	0	0	
Tart Cherry Sorbet	227	Love It	260	0	0	0	0.0	0	10	63	0	63	0	0	4	0	0	0	
Tart Cherry Sorbet	341	Gotta Have It	380	0	0	0	0.0	0	15	95	1	95	0	0	4	4	0	0	
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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