


2024 Spring Flavors + Lucky Charms™ Promotional Nutritional Information

	Serving weight (g)	Size	Total calories (cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Total sugars (g)	Added sugars (g)	Protein (g)
Spring Flavors													
Ice Cream													
Blueberry Muffin Batter Ice Cream	85	Kids	220	11	7	0.0	40	90	26	0	21	16	2
Blueberry Muffin Batter Ice Cream	142	Like It®	360	19	11	0.5	70	150	44	0	34	27	4
Blueberry Muffin Batter Ice Cream	227	Love It®	570	30	18	1.0	110	250	70	0	55	44	6
Blueberry Muffin Batter Ice Cream	340	Gotta Have It®	860	45	27	1.5	165	370	104	1	82	66	9
JELL-O® Banana Cream Pudding Ice Cream	85	Kids	210	10	6	0.0	40	170	26	0	22	18	2
JELL-O Banana Cream Pudding Ice Cream	142	Like It	340	17	11	0.5	70	280	44	0	37	30	3
JELL-O Banana Cream Pudding Ice Cream	227	Love It	550	27	17	1.0	110	450	70	0	60	48	5
JELL-O Banana Cream Pudding Ice Cream	340	Gotta Have It	820	41	26	1.5	165	670	105	1	90	72	8
Creations™													
Pie Like You Berry Much™	184	Like It	450	21	13	0.5	70	210	59	1	45	36	4
Pie Like You Berry Much	279	Love It	710	33	20	1.0	110	320	94	1	72	59	7
Pie Like You Berry Much	392	Gotta Have It	990	48	29	1.5	165	450	129	1	100	81	10
Going Bananas for JELL-O® Pudding	191	Like It	440	22	14	0.5	70	310	59	1	47	35	4
Going Bananas for JELL-O Pudding	313	Love It	710	33	21	1.0	115	510	97	2	75	56	7
Going Bananas for JELL-O Pudding	426	Gotta Have It	990	47	29	1.5	170	730	132	2	105	80	9
Mix-in													
NILLA® Wafers	8	(2 cookies)	35	1.5	0	0.0	0	30	5	0	3	3	0
Lucky Charms™													
Ice Cream													
Lucky Charms™ Ice Cream	85	Kids	210	12	7	0.0	45	85	24	0	19	15	3
Lucky Charms Ice Cream	142	Like It	350	19	12	0.5	75	140	40	0	32	25	4
Lucky Charms Ice Cream	227	Love It	560	31	19	1.0	125	230	64	1	52	40	7
Lucky Charms Ice Cream	340	Gotta Have It	840	46	29	1.5	185	340	96	1	77	60	10
Creation™													
Ice Cream at the End of the Rainbow™	164	Like It	430	23	15	0.5	75	210	52	1	39	31	5
Ice Cream at the End of the Rainbow	251	Love It	650	34	22	1.0	125	310	78	1	59	47	8
Ice Cream at the End of the Rainbow	364	Gotta Have It	930	50	31	1.5	185	420	110	2	84	67	11
Shake													
Sprinkled with Charms™	339	Like It	750	40	25	1.0	140	330	88	1	68	52	11
Sprinkled with Charms	542	Love It	1190	64	40	2.0	230	510	139	2	109	82	17
Mix-ins & Waffle Products													
Gold Glitter	0.3	1 serving	0	0	0	0.0	0	0	0	0	0	0	0
Lucky Charms™ Cereal	12	1 serving	45	0.5	0	0.0	0	75	11	1	4	4	1
Green Waffle Cone or Bowl	43	1 each	110	2	0.5	0.0	5	40	21	0	10	9	1

Percentage Daily Values are based on a 2,000 calorie diet. 2,000 calories a day is used for general nutrition advice, but calories needs vary.

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, custom orders, self-service orders and regional menu variations.

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