






# Ice Cream Nutritional Statement

		Serving Weight (g)	Size	Calories	Calories from Fat	Total Fat (g)	% of Daily Value**	Saturated Fat (g)	% of Daily Value**	Trans Fat (g)	Cholesterol (mg)	% of Daily Value**	Sodium (mg)	% of Daily Value**	Total Carbohydrate (g)	% of Daily Value**	Dietary Fiber (g)	% of Daily Value**	Sugar (g)	Sugar Alcohols (g)	Protein (g)	Vitamin A (% daily value)	Vitamin C (% daily value)	Calcium (% daily value)	Iron (% daily value)		
<b>Ice Cream</b>																											
Pumpkin Ice Cream	142	Like it	290	140	15	23%	10	50%	0.0	60	20%	105	4%	33	11%	1	5%	28	0	4	10	0	15	0			
Pumpkin Ice Cream	227	Love it	460	220	24	37%	15	75%	0.5	95	32%	170	7%	53	18%	2	8%	45	0	7	20	2	20	0			
Pumpkin Ice Cream	340	Gotta Have it	680	330	37	57%	23	115%	1.0	145	48%	260	11%	80	27%	3	11%	67	0	10	25	4	35	0			
Raspberry Ice Cream	142	Like it	330	170	19	29%	12	60%	0.5	75	25%	75	3%	36	12%	0	0%	31	0	5	15	15	20	6			
Raspberry Ice Cream	227	Love it	520	270	30	46%	19	95%	1.0	120	40%	125	5%	57	19%	0	0%	50	0	8	25	25	30	10			
Raspberry Ice Cream	340	Gotta Have it	780	400	44	68%	28	140%	1.0	175	58%	180	8%	85	28%	0	0%	75	0	12	35	35	40	15			
Sinless Sans Fat™ Sweet Cream**	142	Like it	140	0	0	0%	0	0%	0.0	<5	2%	110	5%	34	11%	<1	3%	9	15	6	8	0	20	0			
Sinless Sans Fat™ Sweet Cream**	227	Love it	220	0	0	0%	0	0%	0.0	5	2%	180	7%	55	18%	1	4%	15	24	10	10	4	35	0			
Sinless Sans Fat™ Sweet Cream**	340	Gotta Have it	330	0	0	0%	0	0%	0.0	10	3%	270	11%	83	28%	2	7%	22	36	15	15	4	50	0			
Sinless Cake Batter Ice Cream	142	Like it	190	5	1	2%	0	0%	0.0	0	0%	190	8%	43	14%	0	0%	14	14	7	0	2	15	2			
Sinless Cake Batter Ice Cream	227	Love it	300	10	1.5	2%	0	0%	0.0	0	0%	310	13%	68	22%	0	0%	23	22	11	0	4	25	2			
Sinless Cake Batter Ice Cream	340	Gotta Have it	450	15	2	3%	0.5	3%	0.0	0	0%	460	19%	102	34%	0	0%	34	33	17	0	4	40	4			
Strawberry Ice Cream	142	Like it	320	170	18	28%	12	60%	0.5	75	25%	75	3%	35	12%	0	0%	30	0	5	15	8	15	0			
Strawberry Ice Cream	227	Love it	510	270	30	46%	19	95%	1.0	115	38%	120	5%	55	18%	0	0%	48	0	8	20	10	25	0			
Strawberry Ice Cream	340	Gotta Have it	770	400	44	68%	28	140%	1.0	175	58%	180	8%	83	28%	0	0%	72	0	11	35	15	40	0			
Sweet Cream Ice Cream	142	Like it	330	180	20	31%	13	65%	0.5	80	27%	80	3%	33	11%	0	0%	29	0	5	15	2	20	0			
Sweet Cream Ice Cream	227	Love it	530	290	32	49%	20	100%	1.0	125	42%	125	5%	53	18%	0	0%	46	0	8	25	4	30	0			
Sweet Cream Ice Cream	340	Gotta Have it	790	430	48	74%	30	150%	1.5	190	63%	190	8%	80	27%	0	0%	70	0	12	35	6	45	0			
Vanilla Bean Ice Cream	142	Like it	330	170	19	29%	12	60%	0.5	75	25%	75	3%	32	11%	0	0%	28	0	5	15	2	15	0			
Vanilla Bean Ice Cream	227	Love it	530	280	31	48%	19	95%	1.0	120	40%	120	5%	52	17%	0	0%	45	0	8	25	4	30	0			
Vanilla Bean Ice Cream	340	Gotta Have it	790	410	46	71%	29	145%	1.5	180	60%	180	8%	77	26%	0	0%	67	0	12	35	6	40	0			
White Chocolate Ice Cream	142	Like it	320	170	19	29%	12	60%	0.5	75	25%	75	3%	33	11%	0	0%	28	0	5	15	2	20	0			
White Chocolate Ice Cream	227	Love it	520	280	31	48%	20	100%	1.0	125	42%	125	5%	53	18%	0	0%	45	0	8	25	4	30	0			
White Chocolate Ice Cream	340	Gotta Have it	780	420	47	72%	29	145%	1.5	185	62%	180	8%	79	26%	0	0%	68	0	12	35	6	40	0			
<b>Sorbet and Yogurt</b>																											
Countrytime Pink Lemonade Sorbet	142	Like it	240	0	0	0	0	0	0.0	0	0	0	25	1	59	20	0	0	59	0	0	0	45	0	0		
Countrytime Pink Lemonade Sorbet	227	Love it	380	0	0	0	0	0	0.0	0	0	0	35	1	95	32	0	0	95	0	0	0	70	0	0		
Countrytime Pink Lemonade Sorbet	340	Gotta Have it	570	0	0	0	0	0	0.0	0	0	0	55	2	142	47	0	0	142	0	0	0	100	0	0		
Lemon Sorbet	142	Like it	150	0	0	0%	0	0%	0.0	0	0%	15	1%	40	13%	0	0%	34	0	0	0	4	0	0			
Lemon Sorbet	227	Love it	250	0	0	0%	0	0%	0.0	0	0%	25	1%	64	21%	0	0%	54	0	0	0	6	0	0			
Lemon Sorbet	340	Gotta Have it	370	0	0	0%	0	0%	0.0	0	0%	35	1%	96	32%	<1	3%	81	0	0	0	10	0	0			
Raspberry Sorbet	142	Like it	160	0	0	0%	0	0%	0.0	0	0%	15	1%	42	14%	0	0%	36	0	0	0	15	0	6			
Raspberry Sorbet	227	Love it	260	0	0	0%	0	0%	0.0	0	0%	30	1%	67	22%	0	0%	58	0	0	0	20	0	10			
Raspberry Sorbet	340	Gotta Have it	390	0	0	0%	0	0%	0.0	0	0%	40	2%	101	34%	<1	2%	87	0	0	0	30	0	15			
Watermelon Sorbet	142	Like it	160	0	0	0%	0	0%	0.0	0	0%	15	1%	41	14%	0	0%	35	0	0	0	0	0	0			
Watermelon Sorbet	227	Love it	260	0	0	0%	0	0%	0.0	0	0%	25	1%	66	22%	0	0%	56	0	0	0	0	0	0			
Watermelon Sorbet	340	Gotta Have it	380	0	0	0%	0	0%	0.0	0	0%	40	2%	99	33%	<1	2%	84	0	0	0	0	0	0			
Tart and Tangy Yogurt	142	Like it	140	0	0	0%	0	0%	0.0	0	0%	70	3%	33	11%	0	0%	24	0	3	0	0	15	0			
Tart and Tangy Yogurt	227	Love it	230	0	0	0%	0	0%	0.0	0	0%	115	5%	53	18%	0	0%	38	0	5	0	0	20	0			
Tart and Tangy Yogurt	340	Gotta Have it	340	0	0	0%	0	0%	0.0	0	0%	170	7%	79	26%	0	0%	57	0	8	0	0	30	0			
Tart and Tangy Berry Yogurt	142	Like it	150	0	0	0%	0	0%	0.0	0	0%	65	3%	36	12%	0	0%	27	0	3	0	8	10	0			
Tart and Tangy Berry Yogurt	227	Love it	240	0	0	0%	0	0%	0.0	0	0%	105	4%	58	19%	0	0%	44	0	5	0	10	20	0			
Tart and Tangy Berry Yogurt	340	Gotta Have it	360	0	0	0%	0	0%	0.0	0	0%	160	7%	87	29%	0	0%	66	0	7	0	15	30	0			

\*\*The sugar found in Sinless Sans Fat™ Sweet Cream is lactose, a naturally occurring sugar found in milk.

\*\*\* 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.