



Nutritional Information for Mix-Ins and Waffle Products

	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 Alcohols (g)	Sugars (g) ***	Protein (g)	Vitamin A (% daily value)	Calcium (% daily value)	Vitamin C (% daily value)	Iron (% daily value)	
	Candy																								
Butterfinger® Candy	30	1/2 bar	140	50	6	9%	3	15%	0.0	0	0%	65	3%	22	7%	<1	2%	0	15	2	0	0	0	0	0
Chocolate Chips	25	1 oz	130	60	7	11%	4.5	22%	0.0	0	0%	0	0%	16	5%	1	6%	0	14	1	0	0	0	4	0
Chocolate Shavings	17	.5 oz	90	45	5	8%	3	19%	0.0	0	0%	0	0%	9	3%	2	7%	0	8	<1	0	0	0	0	0
Nestle® Crunch Bar	25	1/2 bar	130	60	7	10%	4	19%	0.0	<5	1%	35	1%	16	5%	<1	3%	0	14	2	0	4	0	0	0
Gummi Bears	30	1 oz	120	0	0	0%	0	0%	0.0	0	0%	15	1%	30	10%	0	0%	0	13	0	0	0	0	0	0
Heath® Candy Bar	20	1 bar	110	60	7	11%	3.5	18%	0.0	5	2%	75	3%	12	4%	0	1%	0	12	<1	0	0	0	0	0
Kit Kat® Candy Bar	20	1/2 bar	110	50	5	8%	3.5	18%	0.0	0	0%	15	1%	13	4%	0	2%	0	10	1	0	2	0	0	0
M & M's® Candy	35	1 oz	170	70	7	11%	4.5	23%	0.0	<5	2%	20	1%	25	8%	<1	4%	0	22	2	0	4	0	0	2
Reese's® Peanut Butter Cup	35	1 piece	190	100	11	17%	4	20%	0.0	0	0%	110	5%	19	6%	1	5%	0	17	4	0	2	0	0	2
Snickers® Candy	35	1/2 bar	170	80	9	13%	3	16%	0.0	<5	2%	95	4%	21	7%	<1	4%	0	17	3	0	4	0	0	0
White Chocolate Chips	30	1 oz	160	80	9	14%	8	41%	0.0	<5	1%	45	2%	18	6%	0	0%	0	18	2	0	8	0	0	0
Almond Joy® Candy	35	1 piece	170	80	9	15%	6	31%	0.0	0	0%	50	2%	21	7%	2	7%	0	16	1	0	2	0	0	2
Gumballs	35	1 oz	90	0	0	0%	0	0%	0.0	0	0%	0	0%	23	8%	<1	3%	NA	24	0	0	0	0	0	0
Kool-Aid® Infusions	17	.5 oz	80	25	2.5	4%	1.5	9%	0.0	0	0%	0	0%	14	5%	0	0%	0	10	0	0	0	0	0	0
Peanut M & M's®	30	1 oz	150	70	8	12%	3.5	18%	0.0	<5	1%	30	1%	18	6%	<1	4%	0	14	3	0	4	0	0	2
Reese's® Pieces	35	1 oz	180	80	9	14%	6	30%	0.0	0	0%	70	3%	21	7%	1	4%	0	19	4	0	2	0	0	0
Twix® Candy	30	1 piece	150	70	7	11%	2.5	13%	0.0	0	0%	60	2%	20	7%	0	0%	0	14	1	0	2	0	0	0
Whoppers® Candy	25	1 oz	120	40	4	6%	3.5	18%	0.0	0	0%	85	3%	19	6%	0	0%	0	15	1	0	0	0	0	0
York® Peppermint Patties	30	2 pieces	120	20	2	3%	1.5	8%	0.0	0	0%	10	0%	24	8%	<1	2%	0	18	<1	0	0	0	0	0
Fruit																									
Apple Pie Filling	60	3/4 oz	60	0	0	0%	0	0%	0.0	0	0%	25	1%	16	5%	<1	2%	0	14	0	0	0	0	0	0
Bananas	60	1/2	50	0	0	0%	0	0%	0.0	0	0%	0	0%	14	5%	2	6%	0	9	<1	0	0	8	0	0
Blackberries	30	3/4 oz	10	0	0	0%	0	0%	0.0	0	0%	0	0%	2	1%	<1	2%	NA	2	0	0	0	0	0	0
Black Cherries	35	3/4 oz	80	0	0	0%	0	0%	0.0	0	0%	10	0%	18	6%	0	1%	0	17	0	0	0	0	0	0
Blueberries	15	3/4 oz	10	0	0	0%	0	0%	0.0	0	0%	0	0%	2	1%	0	1%	0	2	0	0	0	0	0	0
Cherry Pie Filling	45	3/4 oz	50	0	0	0%	0	0%	0.0	0	0%	10	0%	13	4%	0	1%	0	0	0	0	0	0	2	0
Maraschino Cherries	5	1	5	0	0	0%	0	0%	0.0	0	0%	0	0%	1	0%	0	0%	0	1	0	0	0	0	0	0
Pineapple Chunks	25	3/4 oz	15	0	0	0%	0	0%	0.0	0	0%	0	0%	4	1%	0	0%	0	4	0	0	0	4	0	0
Raspberries	35	3/4 oz	25	0	0	0%	0	0%	0.0	0	0%	0	0%	5	2%	1	6%	0	2	0	0	0	4	4	0
Strawberries	45	3/4 oz	20	0	0	0%	0	0%	0.0	0	0%	0	0%	7	2%	<1	4%	0	4	0	0	0	45	0	0
Peach Pie Filling	60	1 oz	60	0	0	0%	0	0%	0.0	0	0%	25	1%	16	5%	<1	2%	0	14	0	0	0	0	0	0
Raisins	25	1 oz	70	0	0	0%	0	0%	0.0	0	0%	0	0%	20	7%	<1	4%	0	16	<1	0	0	0	0	2
Other Mix-ins																									
Coconut	15	.5 oz	80	50	5	8%	4.5	24%	0.0	0	0%	40	2%	7	2%	<1	3%	0	6	0	0	0	0	0	0
Cookie Dough	40	1 piece	180	70	8	12%	2.5	13%	1.5	5	2%	150	6%	26	9%	0	2%	0	26	1	0	0	0	4	0
Graham Cracker Pie Crust	25	1 oz	130	50	6	9%	2.5	12%	0.0	0	0%	135	6%	17	6%	1	5%	0	7	1	0	0	0	0	4
Brownies	40	1 piece	170	35	3.5	6%	1	6%	0.5	0	0%	180	8%	32	11%	1	5%	0	22	2	0	0	0	4	0
Marshmallows	30	1 oz	100	0	0	0%	0	0%	0.0	0	0%	10	0%	24	8%	0	0%	0	24	<1	0	0	0	0	2
OREO® Cookies	25	2 cookies	120	45	5	8%	1.5	7%	0.0	0	0%	140	6%	18	6%	<1	3%	0	10	1	0	0	0	0	0
Peanut Butter	25	3/4 oz	150	120	13	20%	2.5	13%	0.0	0	0%	125	5%	5	2%	1	6%	0	2	6	0	0	0	0	2
Yellow Cake	25	1 piece	80	25	2.5	4%	0.5	3%	0.0	10	3%	140	6%	13	4%	0	1%	0	8	2	0	0	0	0	0
Granola	30	1 oz	120	20	2	3%	0	0%	0.0	0	0%	30	1%	23	8%	2	7%	0	0	2	15	0	0	0	10
Nilla Wafers	15	3 cookies	70	20	2.5	4%	0	0%	0.0	<5	1%	50	2%	11	4%	0	0%	0	6	<1	0	0	0	0	0
Toasted Coconut	15	.5 oz	90	60	7	11%	6	31%	0.0	0	0%	5	0%	7	2%	<1	3%	0	6	<1	0	0	0	0	2
OREO® Pie Crust	30	1 oz	180	70	8	12%	1.5	8%	0.0	0	0%	190	8%	19	6%	0	0%	0	10	0	0	0	0	0	4

Nutritional Information for Mix-Ins and Waffle Products

	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 Alcohols (g)	Sugars (g) ***	Protein (g)	Vitamin A (% daily value)	Calcium (% daily value)	Vitamin C (% daily value)	Iron (% daily value)
	Nuts																							
Macadamia Nuts	25	1 oz	180	170	19	29%	3	14%	0.0	0	0%	65	3%	3	1%	2	9%	0	<1	2	0	0	0	2
Pecan Pralines	30	1 oz	210	190	21	32%	1.5	8%	0.0	0	0%	230	10%	5	2%	2	8%	0	1	2	0	0	0	4
Pecans	20	1 oz	140	140	15	23%	1.5	7%	0.0	0	0%	80	3%	3	1%	2	8%	0	<1	2	0	0	0	2
Roasted Almonds	25	1 oz	150	120	14	21%	1	5%	0.0	0	0%	85	4%	4	1%	3	11%	0	1	5	0	8	0	6
Walnuts	20	1 oz	130	120	13	20%	1	6%	0.0	0	0%	0	0%	3	1%	1	5%	0	0	3	0	0	0	4
Cashews	30	1 oz	170	130	14	22%	2.5	13%	0.0	0	0%	90	4%	9	3%	1	4%	0	2	5	0	0	0	10
Peanuts	35	1 oz	210	170	18	28%	3	15%	0.0	0	0%	110	5%	5	2%	3	13%	0	0	10	0	2	0	2
Pistachio Nuts	35	1 oz	200	140	16	25%	2	10%	0.0	0	0%	0	0%	10	3%	4	14%	0	<1	7	0	4	0	8
Sliced Almonds	35	1 oz	210	180	20	31%	2	10%	0.0	0	0%	0	0%	6	2%	4	16%	0	0	7	0	6	0	10
Toppings																								
Cinnamon	1	1/8 teasp	0	0	0	0%	0	0%	0.0	0	0%	0	0%	0	0%	0	1%	0	0	0	0	0	0	0
Honey	30	1 oz	90	0	0	0%	0	0%	0.0	0	0%	0	0%	25	8%	0	0%	0	25	0	0	0	0	0
Rainbow Sprinkles	25	1 oz	25	0	0	0%	0	0%	0.0	0	0%	0	0%	6	2%	0	0%	0	6	0	0	0	0	0
Reddi Wip® Original	20	1 dollop	45	20	2.5	4%	1	4%	0.0	0	0%	15	1%	5	2%	0	0%	0	2	<1	0	0	0	0
Smuckers Caramel	30	1 oz	100	0	0	1%	0	0%	0.0	0	0%	65	3%	22	7%	0	0%	0	14	0	0	0	0	0
Smuckers Fudge	30	1 oz	100	30	3	5%	3	15%	0.0	0	0%	45	2%	17	6%	0	0%	0	12	<1	0	0	0	0
Chocolate Sprinkles	25	1 oz	25	0	0	0%	0	0%	0.0	0	0%	0	0%	6	2%	0	0%	0	6	0	0	0	0	0
Marshmallow Crème	30	1 oz	100	0	0	0%	0	0%	0.0	0	0%	20	1%	24	8%	0	0%	0	20	0	0	0	0	0
Butterscotch Fat Free	30	1 oz	80	0	0	0%	0	0%	0.0	0	0%	85	3%	19	6%	0	0%	0	15	<1	0	0	0	0
Caramel Fat Free	30	1 oz	80	0	0	0%	0	0%	0.0	0	0%	85	3%	19	6%	0	0%	0	14	<1	0	0	0	0
Fudge Fat Free	30	1 oz	80	0	0	0%	0	0%	0.0	0	0%	15	1%	20	7%	0	0%	0	16	<1	0	0	0	0
Waffle Products																								
Waffle Cone or Bowl	38	1 each	160	35	4	6%	1	6%	1.5	10	3%	70	3%	29	10%	0	0%	0	14	2	0	0	0	0
Dipped Waffle	68	1 each	310	130	15	23%	7	35%	1.5	10	3%	70	3%	46	15%	2	7%	0	31	3	0	0	0	6
Sugar Cone	13	1 each	50	0	0	0%	0	0%	0.0	0	0%	20	1%	11	4%	0	0%	0	3	<1	0	0	0	2