


Nutritional Information for Shakes

	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*	Sugars (g)	Protein (g)	Vitamin A (% daily value)	Vitamin C (% daily value)	Calcium (% daily value)*	Iron (% daily value)*
Cake 'n Shake™	500	Like it	1140	540	60	92%	36	178%	2.5	225	76%	700	29%	140	47%	<1	2%	106	18	45	6	60	8
Cake 'n Shake™	602	Love it	1400	660	73	112%	43	216%	3.5	275	92%	880	37%	172	57%	<1	3%	130	22	50	8	70	10
Cake 'n Shake™	726	Gotta Have it	1670	790	88	135%	52	262%	4.0	335	111%	1010	42%	204	68%	<1	3%	155	27	60	10	90	10
Cherry Cheeseshake™	554	Like it	1090	490	54	83%	34	170%	1.5	215	72%	260	11%	135	45%	<1	2%	92	16	45	10	60	2
Cherry Cheeseshake™	636	Love it	1290	590	66	102%	42	201%	2.0	260	87%	310	13%	157	52%	<1	2%	112	19	50	10	70	2
Cherry Cheeseshake™	813	Gotta Have it	1610	720	80	123%	51	255%	2.5	320	107%	380	16%	200	67%	<1	3%	136	24	70	15	80	4
Cream de Menthe™	498	Like it	1160	600	67	103%	42	210%	1.5	225	75%	240	10%	124	41%	4	15%	109	17	45	6	60	0
Cream de Menthe™	571	Love it	1280	660	74	114%	47	235%	2.0	270	90%	290	12%	138	46%	2	7%	121	20	50	8	70	2
Cream de Menthe™	729	Gotta Have it	1720	890	99	152%	62	310%	2.5	330	110%	360	15%	183	61%	6	22%	161	26	70	10	80	2
Lotta Caramel Latte™	570	Like it	1320	560	62	95%	39	195%	1.5	245	82%	430	18%	175	58%	0	0%	134	19	50	8	70	4
Lotta Caramel Latte™	660	Love it	1530	650	72	111%	45	225%	2.0	280	93%	530	22%	200	67%	0	0%	154	20	50	8	70	4
Lotta Caramel Latte™	784	Gotta Have it	1790	810	90	138%	57	285%	2.5	355	118%	550	23%	223	74%	0	0%	175	26	70	10	90	4
Milk and Cookies™	485	Like it	1090	570	63	97%	38	190%	1.5	235	78%	370	15%	117	39%	<1	3%	97	18	45	6	60	0
Milk and Cookies™	598	Love it	1400	720	80	123%	48	240%	2.0	285	95%	540	23%	154	51%	1	5%	124	22	60	8	70	0
Milk and Cookies™	722	Gotta Have it	1660	860	96	148%	57	285%	2.5	345	115%	610	25%	181	60%	1	5%	147	26	70	10	90	2
Oh Fudge!™	571	Like it	1250	630	70	108%	45	225%	2.0	260	87%	460	19%	141	47%	4	16%	127	22	50	8	70	15
Oh Fudge!™	773	Love it	1660	820	91	140%	61	305%	2.0	315	105%	550	23%	191	64%	4	17%	160	27	60	10	80	10
Oh Fudge!™	862	Gotta Have it	1920	950	106	163%	69	345%	3.0	385	128%	750	31%	223	74%	7	26%	200	33	80	10	110	25
PB&C™	553	Like it	1280	740	82	126%	45	225%	2.0	260	87%	470	20%	119	40%	5	20%	104	27	50	8	70	10
PB&C™	687	Love it	1690	1000	111	171%	58	290%	2.0	315	105%	680	28%	149	50%	8	31%	128	39	60	10	80	15
PB&C™	826	Gotta Have it	2010	1180	131	202%	68	340%	2.5	375	125%	880	33%	177	59%	9	36%	153	46	70	10	100	20
Savory Strawberry™	545	Like it	1000	500	55	85%	35	175%	1.5	220	73%	240	10%	116	39%	2	8%	98	16	45	100	60	4
Savory Strawberry™	636	Love it	1200	600	67	103%	42	210%	2.0	265	88%	290	12%	138	46%	2	8%	117	19	50	100	70	6
Savory Strawberry™	801	Gotta Have it	1480	730	81	125%	51	255%	2.5	325	108%	360	15%	171	57%	3	12%	145	24	60	140	90	8
Very Vanilla™	517	Like it	1180	510	57	88%	40	200%	1.5	290	97%	370	15%	149	50%	0	0%	121	16	45	6	60	4
Very Vanilla™	607	Love it	1390	620	69	106%	49	245%	2.0	355	118%	420	18%	173	58%	0	0%	142	20	50	8	70	4
Very Vanilla™	784	Gotta Have it	1820	760	85	131%	59	295%	2.5	430	143%	600	25%	241	80%	0	0%	192	24	60	10	80	4

* 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 conditons, 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.