

Nutritional Information for Shakes and Smoothies



| | 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) |
|--------------------------|--------------------|---------|----------|-------------------|---------------|---------------------|-------------------|---------------------|---------------|------------------|---------------------|-------------|---------------------|------------------------|---------------------|-------------------|---------------------|--------------------|------------|-------------|---------------------------|-------------------------|---------------------------|----------------------|
| Shakes | | | | | | | | | | | | | | | | | | | | | | | | |
| Cake 'n Shake™ | 389 | Like it | 920 | 420 | 46 | 72% | 27 | 134% | 2.0 | 175 | 59% | 650 | 27% | 115 | 38% | <1 | 2% | 0 | 85 | 15 | 30 | 45 | 4 | 8 |
| Cake 'n Shake™ | 629 | Love it | 1480 | 680 | 76 | 117% | 44 | 220% | 3.5 | 285 | 95% | 1030 | 43% | 186 | 62% | <1 | 3% | 0 | 138 | 24 | 50 | 70 | 8 | 15 |
| Cherry Cheeseshake™ | 384 | Like it | 780 | 360 | 40 | 62% | 25 | 125% | 1.0 | 160 | 53% | 190 | 8% | 94 | 31% | 0 | 0% | 0 | 68 | 12 | 35 | 40 | 8 | 0 |
| Cherry Cheeseshake™ | 636 | Love it | 1290 | 590 | 66 | 102% | 42 | 201% | 2.0 | 260 | 87% | 310 | 13% | 157 | 52% | <1 | 2% | 0 | 112 | 19 | 50 | 70 | 10 | 2 |
| Cream de Menthe™ | 356 | Like it | 810 | 420 | 47 | 72% | 30 | 150% | 1.0 | 165 | 55% | 180 | 8% | 87 | 29% | 2 | 7% | 0 | 76 | 12 | 35 | 40 | 4 | 0 |
| Cream de Menthe™ | 571 | Love it | 1280 | 660 | 74 | 114% | 47 | 235% | 2.0 | 270 | 90% | 290 | 12% | 138 | 46% | 2 | 7% | 0 | 121 | 20 | 50 | 70 | 8 | 2 |
| Lotta Caramel Latte™ | 392 | Like it | 900 | 390 | 44 | 68% | 27 | 135% | 1.0 | 170 | 57% | 300 | 13% | 114 | 38% | 0 | 0% | 0 | 89 | 12 | 35 | 45 | 4 | 0 |
| Lotta Caramel Latte™ | 660 | Love it | 1530 | 650 | 72 | 111% | 45 | 225% | 2.0 | 280 | 93% | 530 | 22% | 200 | 67% | 0 | 0% | 0 | 154 | 20 | 50 | 70 | 8 | 4 |
| Milk and Cookies™ | 361 | Like it | 830 | 430 | 48 | 74% | 29 | 145% | 1.0 | 170 | 57% | 310 | 13% | 90 | 30% | <1 | 3% | 0 | 74 | 13 | 35 | 45 | 4 | 0 |
| Milk and Cookies™ | 598 | Love it | 1400 | 720 | 48 | 123% | 48 | 240% | 2.0 | 285 | 95% | 540 | 23% | 154 | 51% | 1 | 5% | 0 | 124 | 22 | 60 | 70 | 8 | 0 |
| Oh Fudge!™ | 431 | Like it | 980 | 490 | 54 | 83% | 36 | 180% | 1.5 | 190 | 63% | 320 | 13% | 110 | 37% | 3 | 10% | 0 | 93 | 16 | 40 | 50 | 6 | 6 |
| Oh Fudge!™ | 773 | Love it | 1660 | 820 | 91 | 140% | 61 | 305% | 2.0 | 315 | 105% | 550 | 23% | 191 | 64% | 4 | 17% | 0 | 160 | 27 | 60 | 80 | 10 | 10 |
| PB&C™ | 413 | Like it | 990 | 580 | 64 | 98% | 34 | 170% | 1.5 | 190 | 63% | 380 | 16% | 89 | 30% | 4 | 17% | 0 | 78 | 22 | 40 | 50 | 6 | 8 |
| PB&C™ | 687 | Love it | 1690 | 1000 | 111 | 171% | 58 | 290% | 2.0 | 315 | 105% | 680 | 28% | 149 | 50% | 8 | 31% | 0 | 128 | 39 | 60 | 80 | 10 | 15 |
| Savory Strawberry™ | 380 | Like it | 730 | 370 | 41 | 63% | 26 | 130% | 1.0 | 160 | 53% | 180 | 8% | 83 | 28% | 1 | 4% | 0 | 71 | 12 | 30 | 40 | 50 | 4 |
| Savory Strawberry™ | 636 | Love it | 1200 | 600 | 67 | 103% | 42 | 210% | 2.0 | 265 | 88% | 290 | 12% | 138 | 46% | 2 | 8% | 0 | 117 | 19 | 50 | 70 | 100 | 6 |
| Very Vanilla™ | 392 | Like it | 910 | 380 | 42 | 65% | 30 | 150% | 1.0 | 215 | 72% | 300 | 13% | 120 | 40% | 0 | 0% | 0 | 96 | 12 | 30 | 40 | 4 | 2 |
| Very Vanilla™ | 607 | Love it | 1390 | 620 | 69 | 106% | 49 | 245% | 2.0 | 355 | 118% | 420 | 18% | 173 | 58% | 0 | 0% | 0 | 142 | 20 | 50 | 70 | 8 | 4 |
| Smoothies | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 to Mango™ | 437 | Like it | 330 | 0 | 0 | 0% | 0 | 0% | 0.0 | 0 | 0% | 20 | 1% | 86 | 29% | 1 | 5% | 0 | 73 | 0 | 0 | 0 | 15 | 0 |
| 2 to Mango™ | 780 | Love it | 630 | 0 | 0 | 0% | 0 | 0% | 0.0 | 0 | 0% | 35 | 1% | 160 | 53% | 2 | 9% | 0 | 136 | <1 | 0 | 0 | 20 | 2 |
| Berry Lemony™ | 470 | Like it | 370 | 0 | 0 | 0% | 0 | 0% | 0.0 | 0 | 0% | 25 | 1% | 97 | 32% | 2 | 9% | 0 | 82 | 1 | 0 | 0 | 60 | 6 |
| Berry Lemony™ | 854 | Love it | 680 | 0 | 0 | 0% | 0 | 0% | 0.0 | 0 | 0% | 40 | 2% | 176 | 59% | 4 | 17% | 0 | 149 | 0 | 0 | 2 | 120 | 15 |
| Berry Trinity™ (Soy) | 437 | Like it | 270 | 25 | 3 | 5% | 0 | 0% | 0.0 | 0 | 0% | 95 | 4% | 57 | 19% | 4 | 17% | 0 | 39 | 7 | 20 | 6 | 50 | 15 |
| Berry Trinity™ (Soy) | 730 | Love it | 460 | 25 | 3 | 5% | 0 | 0% | 0.0 | 0 | 0% | 110 | 5% | 108 | 36% | 7 | 26% | 0 | 79 | 8 | 20 | 100 | 8 | 15 |
| Berry Trinity™ (Yogurt) | 417 | Like it | 260 | 0 | 0 | 0% | 0 | 0% | 0.0 | <5 | 2% | 110 | 5% | 60 | 20% | 2 | 9% | 0 | 46 | 8 | 0 | 25 | 50 | 4 |
| Berry Trinity™ (Yogurt) | 710 | Love it | 450 | 0 | 0 | 0% | 0 | 0% | 0.0 | <5 | 2% | 125 | 5% | 110 | 37% | 5 | 19% | 0 | 86 | 9 | 0 | 25 | 100 | 8 |
| Citrus Sunsation™ | 549 | Like it | 420 | 0 | 0 | 0% | 0 | 0% | 0.0 | 0 | 0% | 25 | 1% | 107 | 36% | 2 | 7% | 0 | 96 | 1 | 0 | 2 | 70 | 6 |
| Citrus Sunsation™ | 946 | Love it | 740 | 0 | 0.5 | 1% | 0 | 0% | 0.0 | 0 | 0% | 40 | 2% | 190 | 63% | 3 | 11% | 0 | 170 | 2 | 4 | 4 | 120 | 10 |
| Dew Iced™ | 390 | Like it | 570 | 0 | 0 | 0% | 0 | 0% | 0.0 | 0 | 0% | 65 | 3% | 151 | 50% | <1 | 2% | 0 | 141 | 0 | 0 | 0 | 0 | 0 |
| Dew Iced™ | 650 | Love it | 950 | 0 | 0 | 0% | 0 | 0% | 0.0 | 0 | 0% | 105 | 4% | 251 | 84% | <1 | 4% | 0 | 234 | 0 | 0 | 0 | 0 | 0 |
| Man-Go Bananas™ (Soy) | 457 | Like it | 360 | 25 | 3 | 5% | 0 | 0% | 0.0 | 0 | 0% | 90 | 4% | 80 | 27% | 4 | 16% | 0 | 60 | 7 | 20 | 6 | 6 | 10 |
| Man-Go Bananas™ (Soy) | 770 | Love it | 650 | 25 | 3 | 5% | 0 | 0% | 0.0 | 0 | 0% | 105 | 4% | 154 | 51% | 6 | 24% | 0 | 120 | 7 | 20 | 6 | 15 | 10 |
| Man-Go Bananas™ (Yogurt) | 437 | Like it | 360 | 0 | 0 | 0% | 0 | 0% | 0.0 | <5 | 2% | 110 | 5% | 83 | 28% | 2 | 8% | 0 | 67 | 8 | 0 | 25 | 8 | 0 |
| Man-Go Bananas™ (Yogurt) | 750 | Love it | 650 | 0 | 0 | 0% | 0 | 0% | 0.0 | <5 | 2% | 120 | 5% | 156 | 52% | 4 | 17% | 0 | 127 | 8 | 0 | 25 | 15 | 2 |
| On the YoGo™ (Soy) | 445 | Like it | 370 | 25 | 3 | 4% | 0 | 0% | 0.0 | 0 | 0% | 95 | 4% | 82 | 27% | 3 | 12% | 0 | 62 | 7 | 20 | 6 | 40 | 10 |
| On the YoGo™ (Soy) | 706 | Love it | 610 | 25 | 3 | 4% | 0 | 0% | 0.0 | 0 | 0% | 115 | 5% | 145 | 48% | 4 | 16% | 0 | 113 | 7 | 20 | 8 | 80 | 10 |
| On the YoGo™ (Yogurt) | 425 | Like it | 360 | 0 | 0 | 0% | 0 | 0% | 0.0 | <5 | 1% | 110 | 5% | 85 | 28% | 1 | 4% | 0 | 69 | 7 | 0 | 25 | 40 | 2 |
| On the YoGo™ (Yogurt) | 686 | Love it | 600 | 0 | 0 | 0% | 0 | 0% | 0.0 | <5 | 1% | 130 | 5% | 147 | 49% | 2 | 9% | 0 | 120 | 8 | 0 | 25 | 80 | 4 |
| Strawberry Bananza™ | 516 | Like it | 350 | 0 | 0 | 0% | 0 | 0% | 0.0 | 0 | 0% | 25 | 1% | 91 | 30% | 4 | 15% | 0 | 73 | 2 | 0 | 4 | 120 | 4 |
| Strawberry Bananza™ | 901 | Love it | 600 | 0 | 1 | 2% | 0 | 0% | 0.0 | 0 | 0% | 40 | 2% | 158 | 53% | 7 | 26% | 0 | 127 | 3 | 4 | 6 | 210 | 8 |

*** 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.