


Shakes Nutritional Information

	Serving weight (g)	Size	Total calories (cal)	Calories from fat (fat cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Shakes WITH Whipped Topping													
Cake Batter 'n Shake™	384	12 oz	900	450	49	33	1.0	145	490	107	1	86	13
Cake Batter 'n Shake	611	20 oz	1440	690	76	49	1.5	245	850	176	1	140	22
Cream de Menthe™	378	12 oz	900	500	56	38	1.0	150	240	91	2	82	13
Cream de Menthe	589	20 oz	1380	760	84	56	1.5	250	380	143	3	128	21
Milk and OREO® Cookies	381	12 oz	890	490	54	36	1.0	155	330	95	1	81	13
Milk and OREO Cookies	604	20 oz	1420	760	85	54	1.5	255	580	156	1	132	21
Oh Fudge!™	386	12 oz	850	440	49	37	1.0	145	300	91	1	85	13
Oh Fudge!	615	20 oz	1340	680	76	55	2.0	240	510	149	1	139	22
Savory Strawberry™	397	12 oz	780	420	47	33	1.0	140	230	84	1	75	12
Savory Strawberry	637	20 oz	1200	640	71	48	1.5	235	370	133	2	119	19
Very Vanilla™	386	12 oz	880	430	48	34	1.0	185	280	104	0	86	12
Very Vanilla	587	20 oz	1300	650	72	49	1.5	300	420	153	0	128	20
Shakes WITHOUT Whipped Topping													
Cake Batter 'n Shake	342	12 oz	770	350	39	23	1.0	145	480	97	1	76	13
Cake Batter 'n Shake	569	20 oz	1300	590	66	39	1.5	245	840	165	1	129	22
Cream de Menthe	336	12 oz	760	410	45	28	1.0	150	230	81	2	72	12
Cream de Menthe	547	20 oz	1240	670	74	46	1.5	250	370	132	2	117	20
Milk and OREO Cookies	339	12 oz	750	400	44	26	1.0	155	330	84	1	71	12
Milk and OREO Cookies	562	20 oz	1280	670	74	44	1.5	255	570	146	1	121	21
Oh Fudge!	344	12 oz	710	350	39	26	1.0	145	290	80	0	75	13
Oh Fudge!	573	20 oz	1200	590	66	45	2.0	240	500	138	1	129	22
Savory Strawberry	355	12 oz	640	330	37	23	1.0	140	220	73	1	65	11
Savory Strawberry	595	20 oz	1070	550	61	38	1.5	235	360	123	2	108	18
Very Vanilla	344	12 oz	740	340	38	24	1.0	185	270	94	0	76	12
Very Vanilla	545	20 oz	1170	560	62	39	1.5	300	410	143	0	117	19

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