



# Mix-ins and Waffle Products Nutritional Information

	Serving weight (g)	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)
<b>Candy</b>												
Almond Joy®	23	110	60	7	4	0	0	25	13	1	10	1
Butterfinger®	36	170	60	7	3.5	0	0	85	26	1	17	2
Chocolate Chips	19	90	50	5	3.5	0	0	0	12	1	11	1
Chocolate Shavings	16	80	50	5	3.5	0	0	0	8	1	7	1
Fizzy Candy Clusters	14	70	25	3	2.5	0	0	30	11	0	9	0
Ghirardelli® Caramel Square	15	70	35	4	2.5	0	5	20	9	0	8	1
Gumballs	28	100	0	0	0	0	0	0	24	0	20	0
Gummy Bears	22	70	0	0	0	0	0	15	16	0	12	2
Heath® Bar	20	110	60	7	3.5	0	5	70	12	1	12	1
KIT KAT®	22	110	50	6	4	0	0	10	14	0	11	1
M&M'S®	22	110	40	4.5	3	0	0	15	16	0	14	1
Nestle® Crunch Bar®	22	110	50	6	3.5	0	5	35	15	0	12	1
Peanut M&M'S®	20	100	45	5	2	0	0	10	12	1	10	2
Rainbow Chocolate Drops	18	80	30	3	3	0	0	0	14	0	13	0
Reese's® Peanut Butter Cups®	32	160	90	10	3.5	0	0	115	18	1	15	3
Reese's® Pieces	19	100	40	4.5	4	0	0	20	12	0	10	2
Snickers®	52	250	110	12	4.5	0	5	125	31	1	27	4
TWIX®	26	130	50	6	3.5	0	5	50	17	1	12	1
White Chocolate Chips	22	120	50	6	5	0	0	50	13	0	13	1
Whoppers®	20	90	30	3.5	3.5	0	0	55	15	0	13	0
YORK® Peppermint Patties	34	120	25	2.5	1.5	0	0	10	27	1	22	1
<b>Other Mix-ins</b>												
30th Anniversary Sprinkles	10	40	10	1	1	0	0	0	8	0	4	0
Brownies	47	190	70	7	2	0	10	160	30	1	19	2
Cheesecake Bites	16	60	30	3.5	2	0	15	45	5	0	3	1
Chocolate Chip Cookie	14 (1/2 cookie)	70	25	2.5	1.5	0	5	85	10	1	6	1
Chocolate Sprinkles	17	80	30	3	2.5	0	0	0	13	0	8	0
Chunky CHIPS AHOY!® Cookie	32 (2 cookies)	160	70	8	3	0	0	110	20	0	10	2
Coconut	12	60	40	4.5	4	0	0	30	6	1	5	0
Cookie Dough - RTE	38	160	60	6	3	0	0	170	25	1	13	1
Dipped Dough	43	190	70	8	5	0	0	180	28	1	16	1
Ghirardelli® Peppermint Pieces	18	90	45	5	4	0	5	25	11	0	11	2
GOLDEN OREO® Cookies	23 (2 cookies)	110	40	4.5	1.5	0	0	80	17	0	8	1
Graham Cracker Pie Crust	16	70	30	3.5	0.5	1.5	0	80	10	0	4	1
Granola	14	50	5	1	0	0	0	35	11	1	4	1
Marshmallows	14	50	0	0	0	0	0	20	12	0	8	0
Nilla® Wafers	8 (2 wafers)	35	15	1.5	0	0	0	30	5	0	3	0
OREO Cookies	23 (2 cookies)	110	40	4.5	1.5	0	0	90	17	0	9	1
OREO Pie Crust	16	80	35	4	1.5	0	0	70	11	0	5	1
Peanut Butter	24	140	110	12	2.5	0	0	100	5	1	3	5
Pretzels	8	30	5	0	0	0	0	170	7	0	0	1
Rainbow Sprinkles	17	80	30	3	2.5	0	0	0	13	0	8	0
Strawberry Wafers	16	80	25	3	1.5	0	0	15	12	0	8	1
Sugar Crystals	12	50	0	0	0	0	0	0	12	0	12	0
Toasted Coconut	12	70	50	6	5	0	0	0	5	1	4	1
Yellow Cake	26	80	25	2.5	0.5	0	10	135	14	0	9	1

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<b>Fruit</b>												
Apple Pie Filling	36	35	0	0	0	0	0	10	9	0	8	0
Bananas	59	50	0	0	0	0	0	0	13	2	7	1
Blackberries	28	20	0	0	0	0	0	0	4	1	3	0
Black Cherries	28	50	0	0	0	0	0	0	13	1	8	0
Blueberries	25	15	0	0	0	0	0	0	3	1	2	0
Cherry Pie Filling	36	35	0	0	0	0	0	10	8	0	6	0
Maraschino Cherries	5	10	0	0	0	0	0	0	2	0	2	0
Peach Pie Filling	36	35	0	0	0	0	0	5	8	0	6	0
Pineapple Tidbits	34	20	0	0	0	0	0	0	4	0	4	0
Raisins	21	60	0	0	0	0	0	0	17	1	13	1
Raspberries	38	15	0	0	0	0	0	0	4	1	2	1
Strawberries	39	15	0	0	0	0	0	0	4	1	2	0
<b>Nuts</b>												
Cashews, salted	11	60	45	5	1	0	0	45	4	0	0	2
Macadamia	14	100	100	11	2	0	0	0	2	1	1	1
Peanuts	14	80	60	7	1	0	0	0	3	1	1	4
Pecans, salted	14	100	90	10	1	0	0	55	2	1	1	1
Pistachios	14	80	60	7	1	0	0	55	4	2	1	3
Roasted Almonds, salted	14	80	70	7	0.5	0	0	55	3	2	1	3
Sliced Almonds	14	90	70	8	0.5	0	0	0	3	2	1	3
Walnuts	14	100	90	10	1	0	0	55	2	1	1	2
<b>Toppings</b>												
Caramel	18	60	5	0.5	0	0	0	30	12	0	8	0
Cinnamon	1	0	0	0	0	0	0	0	1	1	0	0
Frosting (White Bettercreme®)	12	45	25	3	3	0	0	10	5	0	4	0
Fudge	20	60	10	1.5	1.5	0	0	55	11	0	10	1
Ghirardelli® Sea Salt Caramel	18	50	0	0	0	0	0	110	12	0	9	
Honey	18	50	0	0	0	0	0	0	15	0	15	0
Marshmallow Crème	20	70	0	0	0	0	0	15	17	0	12	0
Nutella®	24	130	70	8	2.5	0	0	10	14	1	13	1
Rich's® On Top® Whipped Topping	12	40	25	3	3	0	0	0	3	0	3	0
<b>Waffle Products</b>												
Cake Cone	6	25	0	0	0	0	0	15	5	0	0	0
Dipped Sprinkled Waffle Cone or Bowl	87	350	150	17	15	0	5	50	49	2	34	2
Dipped Waffle Cone or Bowl	79	310	140	15	13	0	5	45	43	2	30	2
Sugar Cone	13	50	0	0	0	0	0	20	12	0	3	0
Waffle Chips - Dipped	119	470	200	23	20	0	10	70	64	3	45	3
Waffle Chips - Plain	65	160	30	3	1	0	10	60	31	0	14	2
Waffle Chips - Variety	92	320	110	12	10	0	10	65	48	1	29	3
Waffle Cone or Bowl	43	110	20	2	0.5	0	5	40	21	0	10	1

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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