



Signature Creations™ 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)
Signature Creations™													
Apple Pie A La Cold Stone®	200	Like It®	460	210	23	13	1.5	95	200	62	1	49	6
Apple Pie A La Cold Stone	299	Love It®	720	330	36	21	2.5	155	310	94	1	75	10
Apple Pie A La Cold Stone	412	Gotta Have It®	990	470	53	32	2.5	230	400	124	1	102	14
Banana Caramel Crunch™	190	Like It	450	230	26	13	0.5	95	170	52	2	42	8
Banana Caramel Crunch	318	Love It	740	370	41	21	1.0	155	270	89	3	71	13
Banana Caramel Crunch	431	Gotta Have It	1010	510	57	32	1.5	230	360	118	3	98	17
Birthday Cake Remix™	209	Like It	670	260	29	16	0.5	85	360	88	2	65	8
Birthday Cake Remix	311	Love It	910	380	43	25	1.0	130	490	126	2	95	12
Birthday Cake Remix	424	Gotta Have It	1190	520	58	34	1.5	190	630	161	2	124	16
Berry Berry Berry Good®	244	Like It	380	190	21	13	0.5	80	115	47	3	38	6
Berry Berry Berry Good	329	Love It	580	300	33	21	1.0	130	180	68	3	58	10
Berry Berry Berry Good	442	Gotta Have It	850	450	50	31	1.5	195	270	97	3	84	14
Cake Batter Batter Batter™	227	Like It	710	290	33	17	0.5	85	510	99	2	68	9
Cake Batter Batter Batter	312	Love It	930	400	44	24	1.0	130	610	126	2	89	12
Cake Batter Batter Batter	425	Gotta Have It	1210	540	60	33	1.5	190	750	161	2	118	17
Cheesecake Fantasy®	216	Like It	410	200	22	13	1.5	75	210	53	2	39	6
Cheesecake Fantasy	306	Love It	640	310	34	20	2.0	120	330	80	2	61	9
Cheesecake Fantasy	419	Gotta Have It	910	450	50	30	2.5	185	450	111	2	87	13
Chocolate Devotion™	210	Like It	610	280	31	18	0.5	90	290	77	2	62	9
Chocolate Devotion	313	Love It	870	410	45	27	1.0	135	380	108	3	91	13
Chocolate Devotion	426	Gotta Have It	1130	550	61	38	1.5	195	460	135	3	116	18
Coffee Lover's Only®	170	Like It	480	260	29	15	0.5	85	200	50	1	43	8
Coffee Lover's Only	279	Love It	790	430	48	25	1.0	135	340	85	2	73	13
Coffee Lover's Only	392	Gotta Have It	1060	580	64	36	1.5	200	430	114	2	99	17
Cookie Doughn't Want Some™	210	Like It	610	270	31	18	0.5	95	330	81	1	62	8
Cookie Doughn't Want Some	322	Love It	910	410	46	28	1.0	155	440	121	2	96	12
Cookie Doughn't Want Some	435	Gotta Have It	1180	560	62	38	1.5	230	540	151	2	124	16
Cookie Mintster®	175	Like It	480	230	26	15	0.5	80	230	60	0	48	6
Cookie Mintster	292	Love It	820	390	43	24	1.0	125	410	105	0	82	11
Cookie Mintster	405	Gotta Have it	1090	540	60	34	1.5	190	500	135	0	108	15
Cookies Make Everything Batter™	180	Like It	520	250	28	17	0.5	75	260	65	0	48	6
Cookies Make Everything Batter	288	Love It	840	390	44	25	1.0	120	450	108	0	79	10
Cookies Make Everything Batter	401	Gotta Have It	1130	530	59	35	1.0	175	590	143	0	107	14
Dough for It!™	197	Like It	600	240	27	16	0.5	70	400	87	1	62	7
Dough for It!	296	Love It	890	360	40	24	1.0	110	530	128	2	95	11
Dough for It!	409	Gotta Have it	1180	490	54	33	1.5	165	710	168	2	125	15
Founder's Favorite®	216	Like It	650	310	35	16	0.5	95	340	79	2	62	9
Founder's Favorite	326	Love It	950	470	53	25	1.0	145	480	113	3	91	14
Founder's Favorite	439	Gotta Have It	1270	620	69	36	1.5	210	570	142	3	117	19
Germanchocolatekake®	213	Like It	640	320	36	18	0.5	90	330	75	2	58	9
Germanchocolatekake	318	Love It	930	490	54	28	1.0	135	440	104	3	84	13
Germanchocolatekake	431	Gotta Have It	1190	630	70	38	1.5	195	520	131	3	109	17
Mint Mint Chocolate Chocolate Chip®	210	Like It	620	280	31	17	0.5	90	290	81	2	64	9
Mint Mint Chocolate Chocolate Chip	313	Love It	890	420	47	27	1.0	140	390	114	3	94	13
Mint Mint Chocolate Chocolate Chip	426	Gotta Have It	1170	570	63	37	1.5	200	480	144	3	120	17
Mud Pie Mojo®	196	Like It	620	370	41	17	0.5	80	320	57	2	45	14
Mud Pie Mojo	308	Love It	940	530	59	27	1.0	130	480	94	3	75	19
Mud Pie Mojo	421	Gotta Have It	1210	680	75	37	1.5	195	570	123	3	101	23

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Signature Creations™													
Oreo® Overload	186	Like It	530	260	29	17	0.5	80	230	65	1	54	7
Oreo Overload	311	Love It	910	440	49	28	1.0	130	420	115	1	92	12
Oreo Overload	424	Gotta Have It	1180	590	66	39	1.5	195	510	143	1	118	17
Our Strawberry Blonde®	212	Like It®	460	220	25	16	1.5	75	180	57	1	45	6
Our Strawberry Blonde	311	Love It®	710	340	37	23	2.5	125	280	88	1	70	10
Our Strawberry Blonde	424	Gotta Have It®	970	470	53	33	2.5	185	370	118	1	96	14
Peanut Butter Cup Perfection®	192	Like It	580	340	38	18	0.5	80	290	54	2	47	13
Peanut Butter Cup Perfection	303	Love It	890	490	55	28	1.0	125	440	89	3	79	18
Peanut Butter Cup Perfection	416	Gotta Have It	1150	630	71	39	1.5	185	520	116	3	104	23
Somewhere Over the Rain-dough™	170	Like It	490	210	23	16	0.0	70	230	68	0	53	6
Somewhere Over the Rain-dough	268	Love It	770	310	35	23	1.0	110	370	109	0	85	9
Somewhere Over the Rain-dough	381	Gotta Have It	1060	440	49	32	1.0	165	550	149	0	114	13
Surrender to Strawberry™	206	Like It	420	210	23	15	0.5	80	180	51	1	42	6
Surrender to Strawberry	304	Love It	660	330	36	23	1.0	130	310	80	1	67	10
Surrender to Strawberry	417	Gotta Have It	920	460	51	33	1.0	190	390	110	1	94	14

Percent 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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