



# 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®	18	80	30	3.5	1.5	0	0	40	13	0	8	1
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
Ghirardelli® Caramel Square	14	70	35	3.5	2	0	5	20	8	0	7	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	10	50	30	3.5	2	0	5	35	6	0	6	0
KIT KAT®	11	60	25	3	2	0	0	5	7	0	5	1
M&M'S®	22	110	40	4.5	3	0	0	15	16	0	14	1
Nestle® Crunch Bar®	11	50	25	2.5	1.5	0	0	15	7	0	6	1
Peanut M&M'S®	28	150	70	7	3	0	0	15	17	1	14	3
Reese's® Peanut Butter Cups®	16	80	45	5	1.5	0	0	55	9	1	8	2
Reese's® Pieces	19	100	40	4.5	4	0	0	20	12	0	10	2
Snickers®	26	120	60	6	2	0	0	60	16	0	13	2
TWIX®	13	60	30	3	2	0	0	25	9	0	6	1
White Chocolate Chips	22	120	50	6	5	0	0	50	13	0	13	1
Whoppers®	11	50	15	2	2	0	0	30	8	0	7	0
YORK® Peppermint Patties	34	120	25	2.5	1.5	0	0	10	27	1	22	1
<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>Other Mix-ins</b>												
Brownies	47	190	70	7	2	0	10	160	30	1	19	2
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
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
<b>GOLDEN OREO®</b> Cookies	12 (1 cookie)	60	20	2.5	0.5	0	0	40	8	0	4	0
Graham Cracker Pie Crust	16	70	30	3.5	0.5	1.5	0	80	10	0	4	1
Granola	28	110	15	1.5	0	0	0	75	23	2	8	2
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
<b>OREO®</b> Cookies	11 (1 cookie)	50	20	2.5	0.5	0	0	45	8	0	5	0
<b>OREO</b> Pie Crust	21	100	45	5	2	0	0	90	14	1	7	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
Toasted Coconut	12	70	50	6	5	0	0	0	5	1	4	1
Yellow Cake	13	40	10	1.5	0	0	5	70	7	0	4	1

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<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	28	90	10	1	0.5	0	5	50	20	0	13	1
Cinnamon	2.5	5	0	0	0	0	0	0	2	1	0	0
Fudge	28	80	15	2	2	0	0	75	16	0	15	1
Honey	28	90	0	0	0	0	0	0	23	0	23	0
Marshmallow Crème	28	30	0	0	0	0	0	0	7	0	4	0
Nutella®	24	130	70	8	2.5	0	0	10	14	1	13	1
Rich's® On Top® Whipped Topping	15	50	35	3.5	3.5	0	0	0	4	0	4	0
<b>Waffle Products</b>												
Dipped Waffle Cone or Bowl	79	310	140	15	13	0	5	45	43	2	30	2
Dipped Sprinkled Waffle Cone or Bowl	87	350	150	17	15	0	5	50	49	2	34	2
Sugar Cone	13	50	0	0	0	0	0	20	12	0	3	0
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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