




# Ice Cream and Sorbet Nutritional Information

	Serving weight (g)	Size	Total calories (cal)	Calories from fat (fat ca	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
<b>Ice Cream</b>													
Amaretto Ice Cream	85	Kids	200	110	12	8	0.0	50	70	21	0	19	3
Amaretto Ice Cream	142	Like It®	340	180	21	13	0.5	80	115	36	0	32	5
Amaretto Ice Cream	227	Love It®	550	300	33	21	1.0	130	180	57	0	52	9
Amaretto Ice Cream	340	Gotta Have It®	820	440	49	31	1.5	195	270	85	0	78	13
Apple Cinnamon Oatmeal Ice Cream	85	Kids	210	110	12	8	0.0	45	80	23	0	20	3
Apple Cinnamon Oatmeal Ice Cream	142	Like It	350	180	20	13	0.5	80	135	39	1	33	6
Apple Cinnamon Oatmeal Ice Cream	227	Love It	550	290	32	20	1.0	125	220	62	1	53	9
Apple Cinnamon Oatmeal Ice Cream	340	Gotta Have It	830	440	48	30	1.5	190	330	93	1	79	14
Banana Ice Cream	85	Kids	190	100	11	7	0.0	45	60	21	0	19	3
Banana Ice Cream	142	Like It	320	170	19	12	0.0	75	105	36	0	31	5
Banana Ice Cream	227	Love It	510	270	30	19	1.0	120	170	57	1	50	8
Banana Ice Cream	340	Gotta Have It	760	410	45	29	1.0	180	250	86	1	75	12
Banana Bread Batter Ice Cream	85	Kids	210	100	11	6	0.5	35	140	29	0	21	3
Banana Bread Batter Ice Cream	142	Like It	360	160	18	10	1.0	60	230	48	0	35	5
Banana Bread Batter Ice Cream	227	Love It	570	250	28	16	1.5	100	370	76	1	56	8
Banana Bread Batter Ice Cream	340	Gotta Have It	860	380	42	25	2.5	150	550	115	1	85	12
Black Cherry Ice Cream	85	Kids	200	100	12	7	0.0	45	65	23	0	20	3
Black Cherry Ice Cream	142	Like It	330	170	19	12	0.5	75	110	38	0	33	5
Black Cherry Ice Cream	227	Love It	530	280	31	20	1.0	120	170	61	0	53	8
Black Cherry Ice Cream	340	Gotta Have It	800	420	46	29	1.0	185	260	91	1	79	12
Blue Arctic Marshmallow Ice Cream	85	Kids	210	110	12	8	0.0	45	70	23	0	19	3
Blue Arctic Marshmallow Ice Cream	142	Like It	340	180	20	13	0.5	75	115	38	0	32	5
Blue Arctic Marshmallow Ice Cream	227	Love It	550	290	33	21	1.0	120	180	61	0	52	8
Blue Arctic Marshmallow Ice Cream	340	Gotta Have It	820	440	49	32	1.0	180	280	92	0	77	12
Blue Velvet Cake Ice Cream	85	Kids	210	110	12	7	0.0	45	120	25	0	21	3
Blue Velvet Cake Ice Cream	142	Like It	360	180	20	12	0.0	75	200	42	0	35	6
Blue Velvet Cake Ice Cream	227	Love It	570	290	32	20	0.5	120	320	66	1	56	9
Blue Velvet Cake Ice Cream	340	Gotta Have It	860	430	48	29	1.0	180	480	99	1	83	14
Blueberry Ice Cream	85	Kids	200	100	11	7	0.0	45	70	24	0	20	3
Blueberry Ice Cream	142	Like It	340	170	19	12	0.0	75	115	40	0	33	5
Blueberry Ice Cream	227	Love It	540	270	30	19	1.0	120	180	64	0	53	8
Blueberry Ice Cream	340	Gotta Have It	810	410	45	29	1.0	180	270	96	0	80	12
Blueberry Muffin Batter Ice Cream	85	Kids	210	100	11	7	0.0	40	90	27	0	21	3
Blueberry Muffin Batter Ice Cream	142	Like It	350	160	18	11	0.0	70	150	45	0	35	5
Blueberry Muffin Batter Ice Cream	227	Love It	560	260	29	18	1.0	115	240	71	0	56	8
Blueberry Muffin Batter Ice Cream	340	Gotta Have It	840	390	44	27	1.0	170	350	107	0	84	12
Butter Pecan Ice Cream	85	Kids	200	110	12	8	0.0	50	70	22	0	20	3
Butter Pecan Ice Cream	142	Like It	340	180	20	13	0.5	80	115	37	0	34	5
Butter Pecan Ice Cream	227	Love It	540	290	32	20	1.0	125	190	59	0	54	8
Butter Pecan Ice Cream	340	Gotta Have It	810	430	48	31	1.5	190	280	89	0	81	13
Butterscotch Pudding Ice Cream	85	Kids	220	100	11	7	0.0	45	240	29	0	25	3
Butterscotch Pudding Ice Cream	142	Like It	360	160	18	11	0.0	70	400	49	0	42	5
Butterscotch Pudding Ice Cream	227	Love It	580	260	29	18	1.0	115	640	78	0	67	8
Butterscotch Pudding Ice Cream	340	Gotta Have It	870	390	43	27	1.0	170	960	116	0	100	11
Cake Batter Ice Cream®	85	Kids	220	100	12	7	0.0	45	105	27	0	22	3
Cake Batter Ice Cream	142	Like It	360	170	19	12	0.5	75	180	44	0	36	5
Cake Batter Ice Cream	227	Love It	580	280	31	19	1.0	120	280	71	0	58	9
Cake Batter Ice Cream	340	Gotta Have It	860	420	46	28	1.0	175	420	106	0	86	13
Cake Batter Ganache™ Ice Cream	85	Kids	230	110	12	7	0.0	40	100	28	0	23	3
Cake Batter Ganache Ice Cream	142	Like It	390	200	22	12	0.0	70	170	47	1	38	5
Cake Batter Ganache Ice Cream	227	Love It	620	310	35	19	1.0	110	270	75	1	61	9
Cake Batter Ganache Ice Cream	340	Gotta Have It	930	470	52	29	1.0	165	400	112	2	91	13
Candy Cane Ice Cream	85	Kids	210	110	12	8	0.0	45	65	25	0	22	3
Candy Cane Ice Cream	142	Like It	360	180	20	13	0.5	75	110	42	0	37	5
Candy Cane Ice Cream	227	Love It	570	290	32	20	1.0	120	170	68	0	59	8
Candy Cane Ice Cream	340	Gotta Have It	860	440	49	30	1.0	180	260	102	0	89	12


# Ice Cream and Sorbet Nutritional Information

	Serving weight (g)	Size	Total calories (cal)	Calories from fat (fat ca	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
<b>Ice Cream</b>													
Caramel Chocolate Cheesecake Ice Cream	85	Kids	210	100	12	7	0.0	40	115	23	0	20	3
Caramel Chocolate Cheesecake Ice Cream	142	Like It®	340	170	19	12	0.0	70	190	39	0	34	5
Caramel Chocolate Cheesecake Ice Cream	227	Love It®	550	280	31	20	1.0	110	300	63	0	54	8
Caramel Chocolate Cheesecake Ice Cream	340	Gotta Have It®	820	420	46	30	1.0	165	460	94	0	81	12
Caramel Latte Ice Cream	85	Kids	210	100	12	7	0.0	45	75	25	0	21	3
Caramel Latte Ice Cream	142	Like It	350	180	19	12	0.5	75	125	41	0	35	5
Caramel Latte Ice Cream	227	Love It	560	280	31	20	1.0	120	200	66	0	56	8
Caramel Latte Ice Cream	340	Gotta Have It	830	420	47	29	1.0	185	300	99	0	84	13
Cheesecake Ice Cream	85	Kids	200	100	12	7	0.0	45	95	24	0	20	3
Cheesecake Ice Cream	142	Like It	340	180	19	12	0.0	75	160	40	0	33	5
Cheesecake Ice Cream	227	Love It	540	280	31	20	1.0	120	250	63	0	53	8
Cheesecake Ice Cream	340	Gotta Have It	810	420	47	29	1.0	185	380	95	0	80	12
Cherry Vanilla Ice Cream	85	Kids	200	100	11	7	0.0	45	65	23	0	20	3
Cherry Vanilla Ice Cream	142	Like It	330	170	19	12	0.0	75	105	38	0	33	5
Cherry Vanilla Ice Cream	227	Love It	530	270	30	19	1.0	120	170	61	0	53	8
Cherry Vanilla Ice Cream	340	Gotta Have It	800	410	45	28	1.0	180	250	92	1	79	12
Chocolate Ice Cream	85	Kids	200	110	12	8	0.0	45	60	20	0	19	3
Chocolate Ice Cream	142	Like It	330	180	20	13	0.5	75	105	34	1	32	5
Chocolate Ice Cream	227	Love It	520	280	31	21	1.0	120	170	54	2	51	9
Chocolate Ice Cream	340	Gotta Have It	780	420	47	31	1.5	185	250	81	3	76	13
Chocolate Cake Batter Ice Cream®	85	Kids	210	100	11	7	0.0	40	105	26	0	21	3
Chocolate Cake Batter Ice Cream	142	Like It	350	160	18	12	0.0	70	180	44	0	36	5
Chocolate Cake Batter Ice Cream	227	Love It	570	260	29	19	1.0	110	280	70	0	57	9
Chocolate Cake Batter Ice Cream	340	Gotta Have It	850	390	43	28	1.0	160	420	105	0	85	13
Chocolate Cake Batter™ Ganache Ice Cream	85	Kids	230	110	12	7	0.0	40	100	28	0	23	3
Chocolate Cake Batter Ganache Ice Cream	142	Like It	380	190	21	12	0.0	65	170	46	1	38	5
Chocolate Cake Batter Ganache Ice Cream	227	Love It	610	300	33	19	0.5	100	270	74	1	60	9
Chocolate Cake Batter Ganache Ice Cream	340	Gotta Have It	920	440	49	28	1.0	150	410	111	2	90	13
Chocolate Cupcake Ice Cream	85	Kids	210	110	12	8	0.0	40	110	24	1	20	4
Chocolate Cupcake Ice Cream	142	Like It	350	180	20	13	0.0	65	180	40	1	34	6
Chocolate Cupcake Ice Cream	227	Love It	570	290	32	20	0.5	105	290	65	2	54	10
Chocolate Cupcake Ice Cream	340	Gotta Have It	850	440	49	30	1.0	160	440	97	3	80	15
Chocolate Dipped Strawberry Ice Cream	85	Kids	180	100	11	7	0.0	40	55	21	1	19	3
Chocolate Dipped Strawberry Ice Cream	142	Like It	310	160	18	12	0.0	70	95	35	1	31	6
Chocolate Dipped Strawberry Ice Cream	227	Love It	490	260	29	19	1.0	110	150	56	2	50	9
Chocolate Dipped Strawberry Ice Cream	340	Gotta Have It	740	390	43	29	1.0	165	230	83	2	75	14
Chocolate Hazelnut Ice Cream	85	Kids	220	120	13	8	0.0	40	60	23	0	21	3
Chocolate Hazelnut Ice Cream	142	Like It	360	200	22	13	0.0	70	100	38	0	36	6
Chocolate Hazelnut Ice Cream	227	Love It	580	310	35	21	1.0	110	160	61	0	57	9
Chocolate Hazelnut Ice Cream	340	Gotta Have It	870	470	52	32	1.0	170	240	92	1	85	14
Chocolate Layer Cake Ice Cream	85	Kids	210	100	11	7	0.0	45	120	24	0	20	4
Chocolate Layer Cake Ice Cream	142	Like It	350	170	19	12	0.0	70	200	39	1	33	6
Chocolate Layer Cake Ice Cream	227	Love It	560	270	30	19	0.5	115	330	63	1	53	9
Chocolate Layer Cake Ice Cream	340	Gotta Have It	830	410	46	28	1.0	170	490	94	1	80	14
Chocolate Malt Ice Cream	85	Kids	210	100	11	7	0.0	45	90	24	0	21	4
Chocolate Malt Ice Cream	142	Like It	360	170	19	12	0.0	70	150	41	0	35	7
Chocolate Malt Ice Cream	227	Love It	570	270	30	20	1.0	115	240	65	0	56	11
Chocolate Malt Ice Cream	340	Gotta Have It	850	410	46	30	1.0	175	360	97	0	84	17
Chocolate Peanut Butter Ice Cream	85	Kids	260	150	17	8	0.0	35	130	23	1	20	6
Chocolate Peanut Butter Ice Cream	142	Like It	430	250	28	13	0.0	55	220	38	1	33	10
Chocolate Peanut Butter Ice Cream	227	Love It	690	410	45	21	0.5	90	350	61	2	52	16
Chocolate Peanut Butter Ice Cream	340	Gotta Have It	1030	610	68	31	1.0	135	530	91	4	78	24
Chocolate Pudding Ice Cream	85	Kids	220	100	11	7	0.0	45	230	29	0	24	3
Chocolate Pudding Ice Cream	142	Like It	360	160	18	11	0.0	70	380	48	1	41	5
Chocolate Pudding Ice Cream	227	Love It	580	260	29	18	1.0	115	610	77	1	65	8
Chocolate Pudding Ice Cream	340	Gotta Have It	860	390	43	27	1.0	170	910	115	2	97	11


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<b>Ice Cream</b>													
Chocolate Raspberry Truffle Ice Cream	85	Kids	200	90	10	7	0.0	35	85	26	0	23	3
Chocolate Raspberry Truffle Ice Cream	142	Like It®	340	150	17	12	0.0	60	140	44	0	38	5
Chocolate Raspberry Truffle Ice Cream	227	Love It®	550	250	27	19	0.5	100	230	70	1	61	8
Chocolate Raspberry Truffle Ice Cream	340	Gotta Have It®	820	370	41	28	1.0	145	340	104	1	91	12
Cinnamon Ice Cream	85	Kids	200	110	12	8	0.0	50	70	22	0	19	3
Cinnamon Ice Cream	142	Like It	340	190	21	13	0.5	80	115	37	1	32	5
Cinnamon Ice Cream	227	Love It	540	300	33	21	1.0	130	180	59	1	52	9
Cinnamon Ice Cream	340	Gotta Have It	810	440	49	31	1.5	195	270	88	2	78	13
Cinnamon Bun Batter Ice Cream	85	Kids	220	90	11	6	0.0	40	110	31	1	23	3
Cinnamon Bun Batter Ice Cream	142	Like It	370	160	18	11	0.0	65	180	51	1	39	5
Cinnamon Bun Batter Ice Cream	227	Love It	590	250	28	17	0.5	105	290	82	2	62	8
Cinnamon Bun Batter Ice Cream	340	Gotta Have It	890	380	42	26	1.0	160	430	122	2	93	12
Circus Animal Cookies Ice Cream	85	Kids	230	110	13	9	0.0	40	140	29	0	22	3
Circus Animal Cookies Ice Cream	142	Like It	390	190	21	14	0.0	70	240	48	0	37	5
Circus Animal Cookies Ice Cream	227	Love It	630	310	34	23	0.5	110	390	77	0	60	9
Circus Animal Cookies Ice Cream	340	Gotta Have It	940	460	51	34	1.0	160	580	115	0	90	13
Classic Cookie Dough Ice Cream	85	Kids	220	100	11	7	0.0	40	135	30	0	23	3
Classic Cookie Dough Ice Cream	142	Like It	370	160	18	11	0.0	70	220	50	0	38	6
Classic Cookie Dough Ice Cream	227	Love It	590	260	29	18	0.5	110	360	79	0	60	9
Classic Cookie Dough Ice Cream	340	Gotta Have It	890	390	43	27	1.0	165	540	119	0	90	13
Coconut Ice Cream	85	Kids	200	110	12	8	0.0	45	65	22	0	20	3
Coconut Ice Cream	142	Like It	340	180	20	13	0.5	80	110	37	0	34	5
Coconut Ice Cream	227	Love It	540	290	32	20	1.0	125	180	59	0	54	8
Coconut Ice Cream	340	Gotta Have It	800	430	48	30	1.5	190	270	88	0	80	13
Coffee Ice Cream	85	Kids	200	110	12	8	0.0	50	70	22	0	20	3
Coffee Ice Cream	142	Like It	340	190	21	13	0.5	80	115	36	0	33	6
Coffee Ice Cream	227	Love It	540	300	33	21	1.0	130	180	58	0	52	9
Coffee Ice Cream	340	Gotta Have It	810	450	49	31	1.5	195	270	87	0	78	13
Cookie Butter Ice Cream	85	Kids	240	140	16	8	0.0	45	60	24	0	20	3
Cookie Butter Ice Cream	142	Like It	410	240	26	14	0.5	70	100	41	0	34	5
Cookie Butter Ice Cream	227	Love It	650	380	42	22	1.0	115	160	65	0	55	9
Cookie Butter Ice Cream	340	Gotta Have It	980	560	63	32	1.5	170	240	98	0	82	13
Cotton Candy Ice Cream	85	Kids	200	110	12	8	0.0	50	65	22	0	19	3
Cotton Candy Ice Cream	142	Like It	340	180	20	13	0.5	80	110	37	0	32	5
Cotton Candy Ice Cream	227	Love It	540	290	33	21	1.0	130	180	59	0	51	9
Cotton Candy Ice Cream	340	Gotta Have It	810	440	49	31	1.5	190	270	88	0	77	13
Dark Chocolate Ice Cream	85	Kids	190	110	12	8	0.0	45	60	21	1	18	4
Dark Chocolate Ice Cream	142	Like It	310	180	19	13	0.5	75	100	35	2	31	7
Dark Chocolate Ice Cream	227	Love It	500	280	31	21	1.0	115	160	53	2	49	11
Dark Chocolate Ice Cream	340	Gotta Have It	750	420	47	31	1.5	175	240	84	4	74	16
Dark Chocolate Peppermint Ice Cream	85	Kids	190	100	12	8	0.0	45	60	21	1	18	4
Dark Chocolate Peppermint Ice Cream	142	Like It	320	170	19	13	0.5	75	100	36	2	31	7
Dark Chocolate Peppermint Ice Cream	227	Love It	510	280	31	21	1.0	115	160	57	3	49	11
Dark Chocolate Peppermint Ice Cream	340	Gotta Have It	760	420	46	31	1.0	175	240	86	4	73	16
Dulce De Leche Ice Cream	85	Kids	210	100	12	7	0.0	45	75	25	0	23	4
Dulce De Leche Ice Cream	142	Like It	360	170	19	12	0.0	75	125	42	0	39	6
Dulce De Leche Ice Cream	227	Love It	570	280	31	20	0.5	120	200	67	0	63	10
Dulce De Leche Ice Cream	340	Gotta Have It	850	420	46	29	1.0	180	300	101	0	94	15
Eggnog Ice Cream	85	Kids	160	90	10	6	0.0	50	60	17	0	15	3
Eggnog Ice Cream	142	Like It	270	140	16	10	0.0	85	100	28	0	26	6
Eggnog Ice Cream	227	Love It	430	230	25	16	0.5	130	160	45	0	41	9
Eggnog Ice Cream	340	Gotta Have It	640	340	38	24	1.0	200	240	67	0	62	14
French Vanilla Ice Cream	85	Kids	200	110	12	8	0.0	55	70	22	0	21	3
French Vanilla Ice Cream	142	Like It	340	180	20	13	0.5	95	115	38	0	34	5
French Vanilla Ice Cream	227	Love It	550	290	32	20	1.0	150	190	60	0	55	9
French Vanilla Ice Cream	340	Gotta Have It	820	440	49	30	1.5	225	280	90	0	82	13


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	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)
<b>Ice Cream</b>													
Fudge Brownie Batter Ice Cream	85	Kids	220	100	12	7	0.0	40	100	27	0	23	3
Fudge Brownie Batter Ice Cream	142	Like It®	370	170	19	12	0.0	65	170	45	1	38	6
Fudge Brownie Batter Ice Cream	227	Love It®	590	280	31	19	0.5	105	270	71	1	61	9
Fudge Brownie Batter Ice Cream	340	Gotta Have It®	880	410	46	28	1.0	160	410	107	2	91	14
Fudge Mint Cookie Ice Cream	85	Kids	210	110	12	8	0.0	40	55	23	0	20	3
Fudge Mint Cookie Ice Cream	142	Like It	360	190	21	14	0.5	70	95	39	0	34	5
Fudge Mint Cookie Ice Cream	227	Love It	570	300	33	22	1.0	115	150	62	1	54	9
Fudge Mint Cookie Ice Cream	340	Gotta Have It	860	450	50	33	1.0	170	230	93	1	81	13
Fudge Truffle Ice Cream	85	Kids	200	90	10	7	0.0	35	95	26	1	24	4
Fudge Truffle Ice Cream	142	Like It	340	160	18	12	0.0	60	160	44	1	40	6
Fudge Truffle Ice Cream	227	Love It	550	250	28	20	0.5	95	250	70	2	64	10
Fudge Truffle Ice Cream	340	Gotta Have It	820	380	42	29	1.0	145	380	105	3	96	15
Ghirardelli® Chocolate Ice Cream	85	Kids	220	120	13	8	0.0	45	65	23	2	18	4
Ghirardelli Chocolate Ice Cream	142	Like It	370	200	22	13	0.5	75	110	39	4	30	7
Ghirardelli Chocolate Ice Cream	227	Love It	590	310	35	22	1.0	120	170	62	6	48	11
Ghirardelli Chocolate Ice Cream	340	Gotta Have It	880	470	52	32	1.0	180	260	93	9	73	17
Goopy Butter Cake Ice Cream	85	Kids	220	100	11	7	0.0	50	120	28	0	22	3
Goopy Butter Cake Ice Cream	142	Like It	360	160	18	11	0.0	80	200	47	0	37	5
Goopy Butter Cake Ice Cream	227	Love It	580	260	29	18	0.5	130	320	76	0	60	8
Goopy Butter Cake Ice Cream	340	Gotta Have It	870	390	43	27	1.0	195	490	114	4	89	12
Golden OREO® Cookie Ice Cream	85	Kids	220	120	13	8	0.0	45	105	25	0	21	3
Golden OREO Cookie Ice Cream	142	Like It	370	190	21	13	0.0	75	170	42	0	34	5
Golden OREO Cookie Ice Cream	227	Love It	590	310	34	20	1.0	120	280	67	0	55	9
Golden OREO Cookie Ice Cream	340	Gotta Have It	890	460	51	30	1.0	180	420	101	0	82	13
Honey Cornbread & Blackberry Jam Ice Cream	85	Kids	220		11	6	0.0	40	70	27	0	22	3
Honey Cornbread & Blackberry Jam Ice Cream	142	Like It	360		19	11	0.0	70	115	45	0	37	5
Honey Cornbread & Blackberry Jam Ice Cream	227	Love It	580		31	17	0.5	110	180	72	0	59	8
Honey Cornbread & Blackberry Jam Ice Cream	340	Gotta Have It	860		46	25	1.0	165	270	108	0	88	12
Irish Cream Ice Cream	85	Kids	200	110	12	8	0.0	50	70	21	0	19	3
Irish Cream Ice Cream	142	Like It	340	190	21	13	0.5	80	115	36	0	33	5
Irish Cream Ice Cream	227	Love It	540	300	33	21	1.0	130	180	57	0	52	9
Irish Cream Ice Cream	340	Gotta Have It	810	440	49	31	1.5	195	270	86	0	78	13
Key Lime Ice Cream	85	Kids	220	110	12	8	0.0	50	65	26	0	23	3
Key Lime Ice Cream	142	Like It	360	190	21	13	0.0	80	105	43	0	39	5
Key Lime Ice Cream	227	Love It	580	300	33	21	1.0	130	170	68	0	62	8
Key Lime Ice Cream	340	Gotta Have It	870	440	49	31	1.0	195	260	102	0	93	12
Macadamia Nut Ice Cream	85	Kids	200	110	12	8	0.0	50	70	21	0	19	3
Macadamia Nut Ice Cream	142	Like It	340	180	21	13	0.5	80	115	36	0	32	5
Macadamia Nut Ice Cream	227	Love It	540	300	33	21	1.0	130	180	57	0	52	9
Macadamia Nut Ice Cream	340	Gotta Have It	800	440	49	31	1.5	195	270	86	0	78	13
Mango Ice Cream	85	Kids	190	100	12	7	0.0	45	65	21	0	19	3
Mango Ice Cream	142	Like It	320	170	19	12	0.5	75	105	35	0	32	5
Mango Ice Cream	227	Love It	520	280	31	19	1.0	120	170	56	0	51	8
Mango Ice Cream	340	Gotta Have It	780	420	46	29	1.0	180	260	84	0	76	12
Marshmallow Ice Cream	85	Kids	210	100	11	7	0.0	45	75	26	0	19	3
Marshmallow Ice Cream	142	Like It	340	170	18	12	0.0	75	125	43	0	32	5
Marshmallow Ice Cream	227	Love It	550	270	30	19	1.0	115	200	68	0	51	8
Marshmallow Ice Cream	340	Gotta Have It	820	400	44	28	1.0	175	300	102	0	76	12
Milk & Cookies Ice Cream <small>made with Chips Ahoy!®</small>	85	Kids	220	120	13	8	0.0	45	90	25	0	20	3
Milk & Cookies Ice Cream <small>made with Chips Ahoy!</small>	142	Like It	370	200	22	13	0.0	75	150	41	0	34	6
Milk & Cookies Ice Cream <small>made with Chips Ahoy!</small>	227	Love It	600	320	35	21	1.0	120	240	66	0	54	9
Milk & Cookies Ice Cream <small>made with Chips Ahoy!</small>	340	Gotta Have It	890	480	53	31	1.0	180	360	98	0	81	14
Milk & Honey Graham Ice Cream	85	Kids	220		13	7	0.0	40	90	26	0	22	3
Milk & Honey Graham Ice Cream	142	Like It	370		21	12	0.0	70	150	44	0	36	5
Milk & Honey Graham Ice Cream	227	Love It	600		34	20	1.0	110	240	70	0	58	8
Milk & Honey Graham Ice Cream	340	Gotta Have It	900		51	30	1.0	170	360	105	0	87	12


# Ice Cream and Sorbet Nutritional Information

	Serving weight (g)	Size	Total calories (cal)	Calories from fat (fat ca	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
<b>Ice Cream</b>													
Mint Ice Cream	85	Kids	200	110	12	8	0.0	45	65	23	0	20	3
Mint Ice Cream	142	Like It®	340	180	20	13	0.5	80	110	38	0	33	5
Mint Ice Cream	227	Love It®	550	290	33	20	1.0	125	180	60	0	53	8
Mint Ice Cream	340	Gotta Have It®	820	440	49	30	1.5	190	270	91	0	79	13
Mocha Ice Cream	85	Kids	200	110	12	8	0.0	45	60	21	0	19	3
Mocha Ice Cream	142	Like It	330	180	20	13	0.5	75	105	34	0	31	6
Mocha Ice Cream	227	Love It	530	280	31	21	1.0	120	170	55	0	50	9
Mocha Ice Cream	340	Gotta Have It	790	420	47	31	1.5	180	250	82	0	75	13
Oatmeal Cookie Batter Ice Cream	85	Kids	210	110	12	8	0.0	45	85	23	0	20	3
Oatmeal Cookie Batter Ice Cream	142	Like It	350	180	20	13	0.5	80	140	39	0	33	6
Oatmeal Cookie Batter Ice Cream	227	Love It	550	290	32	20	1.0	125	220	62	1	53	9
Oatmeal Cookie Batter Ice Cream	340	Gotta Have It	830	440	48	30	1.5	190	330	93	1	79	14
Orange Dreamsicle Ice Cream	85	Kids	200	110	12	8	0.0	50	70	21	0	19	3
Orange Dreamsicle Ice Cream	142	Like It	330	180	20	13	0.5	80	115	35	0	32	5
Orange Dreamsicle Ice Cream	227	Love It	530	290	32	20	1.0	130	180	57	0	51	9
Orange Dreamsicle Ice Cream	340	Gotta Have It	800	440	49	31	1.5	190	270	85	0	77	13
OREO® Crème Ice Cream	85	Kids	280	170	19	9	0.0	40	75	26	0	24	3
OREO Crème Ice Cream	142	Like It	460	280	31	15	0.0	65	125	43	0	40	4
OREO Crème Ice Cream	227	Love It	740	450	50	23	0.5	105	200	69	0	64	7
OREO Crème Ice Cream	340	Gotta Have It	1100	670	75	35	1.0	155	300	103	0	96	10
Peach Ice Cream	85	Kids	200	100	11	7	0.0	45	70	24	0	22	3
Peach Ice Cream	142	Like It	340	170	19	12	0.5	75	115	40	0	37	5
Peach Ice Cream	227	Love It	540	270	31	19	1.0	120	190	64	0	59	8
Peach Ice Cream	340	Gotta Have It	810	410	46	29	1.0	180	280	96	0	88	12
Peanut Butter Ice Cream	85	Kids	230	130	15	8	0.0	45	90	21	0	19	5
Peanut Butter Ice Cream	142	Like It	380	220	25	13	0.5	75	150	36	1	31	8
Peanut Butter Ice Cream	227	Love It	610	360	40	21	1.0	120	250	57	1	50	12
Peanut Butter Ice Cream	340	Gotta Have It	910	540	60	32	1.0	180	370	85	1	75	18
Peanut Butter Cookie Batter Ice Cream	85	Kids	230	120	13	7	0.0	25	125	24	1	20	4
Peanut Butter Cookie Batter Ice Cream	142	Like It	380	200	23	12	0.0	45	200	41	1	34	6
Peanut Butter Cookie Batter Ice Cream	227	Love It	600	310	36	20	0.5	70	330	65	1	54	10
Peanut Butter Cookie Batter Ice Cream	340	Gotta Have It	900	470	54	29	1.0	100	490	98	2	81	15
Peanut Butter & Jelly Ice Cream	85	Kids	230	120	14	7	0.0	40	100	26	0	22	4
Peanut Butter & Jelly Ice Cream	142	Like It	390	210	23	12	1.0	65	170	44	0	37	7
Peanut Butter & Jelly Ice Cream	227	Love It	630	330	36	19	2.0	105	270	71	1	59	11
Peanut Butter & Jelly Ice Cream	340	Gotta Have It	940	490	55	28	2.5	155	400	106	1	88	16
Pecan Praline Ice Cream	85	Kids	210	110	12	7	0.0	45	75	24	0	20	3
Pecan Praline Ice Cream	142	Like It	340	180	20	13	0.5	80	120	40	0	34	5
Pecan Praline Ice Cream	227	Love It	550	290	32	20	1.0	125	190	63	0	54	8
Pecan Praline Ice Cream	340	Gotta Have It	820	430	47	30	1.0	185	290	95	0	82	13
Peppermint Mocha Ice Cream	85	Kids	200	100	12	8	0.0	45	60	21	0	19	3
Peppermint Mocha Ice Cream	142	Like It	330	170	19	13	0.5	75	100	35	0	31	5
Peppermint Mocha Ice Cream	227	Love It	530	280	31	21	1.0	120	160	56	0	50	9
Peppermint Mocha Ice Cream	340	Gotta Have It	790	420	46	31	1.5	180	250	84	0	75	13
Pina Colada Ice Cream	85	Kids	170	90	10	6	0.0	40	55	20	0	19	3
Pina Colada Ice Cream	142	Like It	290	140	16	10	0.0	65	90	34	0	32	4
Pina Colada Ice Cream	227	Love It	460	230	25	16	0.5	100	140	55	0	50	7
Pina Colada Ice Cream	340	Gotta Have It	690	340	38	24	1.0	150	220	82	0	75	10
Pineapple Upside Down Cake Ice Cream	85	Kids	200	100	11	7	0.5	40	95	25	0	20	3
Pineapple Upside Down Cake Ice Cream	142	Like It	340	170	18	11	1.0	65	160	41	0	33	5
Pineapple Upside Down Cake Ice Cream	227	Love It	540	270	29	17	2.0	105	260	66	1	53	8
Pineapple Upside Down Cake Ice Cream	340	Gotta Have It	810	400	44	26	2.5	155	390	99	1	79	12
Pistachio Ice Cream	85	Kids	200	110	12	8	0.0	50	70	22	0	20	3
Pistachio Ice Cream	142	Like It	340	190	21	13	0.5	80	115	36	0	33	5
Pistachio Ice Cream	227	Love It	540	300	33	21	1.0	130	180	57	0	52	9
Pistachio Ice Cream	340	Gotta Have It	810	440	49	31	1.5	195	270	86	0	78	13

# Ice Cream and Sorbet 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)
<b>Ice Cream</b>													
Pistachio Pudding Ice Cream	85	Kids	220	100	11	7	0.0	45	170	29	0	25	3
Pistachio Pudding Ice Cream	142	Like It®	370	170	19	11	0.0	70	280	48	0	42	5
Pistachio Pudding Ice Cream	227	Love It®	590	270	30	18	1.0	115	450	77	0	66	8
Pistachio Pudding Ice Cream	340	Gotta Have It®	880	410	45	27	1.0	170	670	116	0	99	11
Pumpkin Ice Cream	85	Kids	170	80	9	6	0.0	35	80	21	0	19	2
Pumpkin Ice Cream	142	Like It	290	140	16	10	0.0	60	135	35	0	32	4
Pumpkin Ice Cream	227	Love It	460	220	25	16	0.5	100	220	56	1	51	7
Pumpkin Ice Cream	340	Gotta Have It	690	340	37	24	1.0	150	320	84	1	76	10
Pumpkin Cheesecake Ice Cream	85	Kids	190		11	7	0.0	45	85	23	0	20	3
Pumpkin Cheesecake Ice Cream	142	Like It	320		18	12	0.0	70	140	38	0	33	5
Pumpkin Cheesecake Ice Cream	227	Love It	510		29	19	1.0	115	230	60	0	52	8
Pumpkin Cheesecake Ice Cream	340	Gotta Have It	770		44	28	1.0	175	350	90	0	78	12
Raspberry Ice Cream	85	Kids	200	100	12	7	0.0	45	70	24	0	20	3
Raspberry Ice Cream	142	Like It	340	170	19	12	0.5	75	115	39	0	33	5
Raspberry Ice Cream	227	Love It	540	280	31	20	1.0	120	180	63	0	53	8
Raspberry Ice Cream	340	Gotta Have It	810	420	46	29	1.0	185	270	94	0	79	12
Red Velvet Cake Ice Cream	85	Kids	220	100	12	7	0.0	45	150	26	0	21	4
Red Velvet Cake Ice Cream	142	Like It	360	170	19	11	0.0	75	250	44	0	35	6
Red Velvet Cake Ice Cream	227	Love It	580	280	31	18	0.5	120	390	70	1	55	10
Red Velvet Cake Ice Cream	340	Gotta Have It	870	420	46	27	1.0	175	590	105	1	83	15
Reese's Peanut Butter Cup Ice Cream	85	Kids	230	130	15	8	0.0	40	105	21	0	19	4
Reese's Peanut Butter Cup Ice Cream	142	Like It	380	220	24	13	0.0	70	180	35	0	32	7
Reese's Peanut Butter Cup Ice Cream	227	Love It	600	350	39	21	1.0	110	280	56	1	51	11
Reese's Peanut Butter Cup Ice Cream	340	Gotta Have It	900	520	58	32	1.0	165	420	84	1	76	17
Rum Raisin Ice Cream	85	Kids	200	110	12	8	0.0	50	70	22	0	20	3
Rum Raisin Ice Cream	142	Like It	340	180	20	13	0.5	80	115	37	0	33	5
Rum Raisin Ice Cream	227	Love It	540	290	33	21	1.0	130	180	58	0	53	9
Rum Raisin Ice Cream	340	Gotta Have It	810	440	49	31	1.5	195	270	87	0	79	13
Salted Caramel Ice Cream	85	Kids	210	100	11	7	0.0	50	170	26	0	22	3
Salted Caramel Ice Cream	142	Like It	350	170	19	12	0.0	85	290	43	0	36	5
Salted Caramel Ice Cream	227	Love It	560	270	30	19	1.0	135	460	68	0	58	8
Salted Caramel Ice Cream	340	Gotta Have It	840	410	45	28	1.0	200	690	102	0	87	12
Salted Chocolate Caramel Ice Cream	85	Kids	230	130	14	8	0.0	40	150	26	0	22	3
Salted Chocolate Caramel Ice Cream	142	Like It	390	210	23	13	0.0	70	250	43	1	37	5
Salted Chocolate Caramel Ice Cream	227	Love It	620	340	37	20	1.0	115	400	69	1	60	8
Salted Chocolate Caramel Ice Cream	340	Gotta Have It	930	500	56	31	1.0	170	600	103	2	89	13
Sea Salt Caramel Ice Cream <small>made with Ghirardelli®</small>	85	Kids	210	100	11	7	0.0	40	130	26	0	23	3
Sea Salt Caramel Ice Cream <small>made with Ghirardelli</small>	142	Like It	350	160	18	11	0.0	70	220	44	0	38	5
Sea Salt Caramel Ice Cream <small>made with Ghirardelli</small>	227	Love It	580	260	29	18	1.0	115	350	70	0	60	8
Sea Salt Caramel Ice Cream <small>made with Ghirardelli</small>	340	Gotta Have It	830	390	43	27	1.0	170	520	105	0	91	11
Sea Salt Fudge Ice Cream	85	Kids	200	100	11	0	8.0	45	210	22	0	20	3
Sea Salt Fudge Ice Cream	142	Like It	330	170	19	13	0.0	70	350	36	0	34	5
Sea Salt Fudge Ice Cream	227	Love It	530	270	30	21	1.0	115	550	58	0	54	9
Sea Salt Fudge Ice Cream	340	Gotta Have It	790	410	46	31	1.5	175	830	87	0	81	13
Sea Salt Sweet Cream Ice Cream	85	Kids	200	110	12	8	0.0	50	180	22	0	20	3
Sea Salt Sweet Cream Ice Cream	142	Like It	340	190	21	13	0.5	80	310	36	0	33	5
Sea Salt Sweet Cream Ice Cream	227	Love It	540	300	33	21	1.0	130	490	57	0	52	9
Sea Salt Sweet Cream Ice Cream	340	Gotta Have It	810	450	50	31	1.5	195	730	86	0	78	13
Sea Salt Vanilla Bean Ice Cream	85	Kids	190	100	12	8	0.0	30	200	20	0	19	2
Sea Salt Vanilla Bean Ice Cream	142	Like It	310	170	20	13	0.0	50	340	33	0	32	4
Sea Salt Vanilla Bean Ice Cream	227	Love It	500	270	31	21	1.0	80	540	52	0	51	7
Sea Salt Vanilla Bean Ice Cream	340	Gotta Have It	750	400	47	31	0.0	120	810	78	1	76	10
Strawberry Ice Cream	85	Kids	200	100	11	7	0.0	45	65	22	0	20	3
Strawberry Ice Cream	142	Like It	330	170	19	12	0.5	75	105	37	0	34	5
Strawberry Ice Cream	227	Love It	520	280	31	19	1.0	120	170	59	0	54	8
Strawberry Ice Cream	340	Gotta Have It	790	410	46	29	1.0	180	250	89	0	80	12

# Ice Cream and Sorbet Nutritional Information

	Serving weight (g)	Size	Total calories (cal)	Calories from fat (fat ca	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
<b>Ice Cream</b>													
Strawberry Cake Batter Ice Cream®	85	Kids	210	90	11	6	0.0	40	95	27	0	22	3
Strawberry Cake Batter Ice Cream	142	Like It®	350	160	18	11	0.0	65	160	45	0	37	5
Strawberry Cake Batter Ice Cream	227	Love It®	550	250	28	17	0.5	105	260	72	1	59	8
Strawberry Cake Batter Ice Cream	340	Gotta Have It®	830	380	42	26	1.0	160	380	108	0	88	12
Strawberry Cheesecake Ice Cream	85	Kids	200	100	11	7	0.0	45	85	24	0	20	3
Strawberry Cheesecake Ice Cream	142	Like It	330	160	18	12	0.0	70	140	40	0	34	5
Strawberry Cheesecake Ice Cream	227	Love It	530	260	29	18	0.5	115	230	64	0	54	8
Strawberry Cheesecake Ice Cream	340	Gotta Have It	790	390	44	28	1.0	170	340	95	0	81	11
Strawberry Shortcake Ice Cream	85	Kids	210	100	12	7	0.0	40	110	25	0	21	3
Strawberry Shortcake Ice Cream	142	Like It	350	180	19	12	0.0	70	190	42	0	35	5
Strawberry Shortcake Ice Cream	227	Love It	560	280	31	19	0.5	115	300	67	0	56	8
Strawberry Shortcake Ice Cream	340	Gotta Have It	840	420	47	29	1.0	170	440	100	1	84	13
Sweet Cream Ice Cream	85	Kids	200	110	12	8	0.0	50	70	22	0	20	3
Sweet Cream Ice Cream	142	Like It	340	190	21	13	0.5	80	115	36	0	33	5
Sweet Cream Ice Cream	227	Love It	540	300	33	21	1.0	130	180	58	0	52	9
Sweet Cream Ice Cream	340	Gotta Have It	810	450	50	31	1.5	195	270	86	0	78	13
Tangy Orange Ice Cream	85	Kids	210	100	12	7	0.0	45	75	25	0	23	3
Tangy Orange Ice Cream	142	Like It	350	170	19	12	0.5	75	120	42	0	39	5
Tangy Orange Ice Cream	227	Love It	560	280	31	20	1.0	125	190	67	0	62	8
Tangy Orange Ice Cream	340	Gotta Have It	840	420	46	29	1.0	185	290	100	0	92	12
Vanilla Bean Ice Cream	85	Kids	200	110	12	8	0.0	50	90	21	0	19	3
Vanilla Bean Ice Cream	142	Like It	340	180	20	13	0.5	80	150	35	0	32	5
Vanilla Bean Ice Cream	227	Love It	540	290	32	20	1.0	125	240	56	0	51	8
Vanilla Bean Ice Cream	340	Gotta Have It	810	430	48	31	1.5	190	360	84	0	76	13
Vanilla Lite™ No Sugar Added Ice Cream	85	Kids	120	30	3.5	2	0.0	15	90	24	0	6	4
Vanilla Lite No Sugar Added Ice Cream	142	Like it	200	50	6	3.5	0.0	25	150	40	0	10	6
Vanilla Lite No Sugar Added Ice Cream	227	Love it	330	90	10	6	0.0	40	240	63	0	15	10
Vanilla Lite No Sugar Added Ice Cream	340	Gotta Have It	490	130	14	9	0.0	60	360	95	0	23	14
White Chocolate Ice Cream	85	Kids	200	110	12	8	0.0	50	70	21	0	19	3
White Chocolate Ice Cream	142	Like It	340	180	21	13	0.5	80	115	36	0	32	5
White Chocolate Ice Cream	227	Love It	540	300	33	21	1.0	130	180	57	0	52	9
White Chocolate Ice Cream	340	Gotta Have It	810	440	49	31	1.5	195	270	86	0	78	13
White Peppermint Ice Cream	85	Kids	200	110	12	8	0.0	50	70	22	0	19	3
White Peppermint Ice Cream	142	Like It	340	190	21	13	0.5	80	115	37	0	32	5
White Peppermint Ice Cream	227	Love It	540	300	33	21	1.0	130	180	59	0	52	9
White Peppermint Ice Cream	340	Gotta Have It	820	440	49	31	1.5	195	270	88	0	78	13

Trans fats found in some of the ice cream flavors are naturally occurring in dairy products.

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 preparation 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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