


2019 Window 4 Promotional Builds 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)
Creations™													
Better Together Creation	217	Like It®	650		34	19	0.5	90	280	82	2	64	8
Better Together Creation	308	Love It®	890		47	28	1.0	140	350	109	2	88	12
Better Together Creation	421	Gotta Have It®	1160		64	38	1.5	200	440	140	2	114	16
Cornbread is My Jam	196	Like It	460		21	11	0.0	75	220	68	1	56	6
Cornbread is My Jam	310	Love It	770		34	17	0.5	115	360	116	1	95	9
Cornbread is My Jam	423	Gotta Have It	1060		49	26	1.0	175	510	152	1	125	13
Honey Graham Bowl	155	Like It	420		22	13	0.0	70	200	53	0	41	5
Honey Graham Bowl	257	Love It	700		35	20	1.0	115	360	92	0	69	9
Honey Graham Bowl	370	Gotta Have It	1000		52	30	1.0	170	480	127	0	98	13
Mario & Luigi's Masterpiece	174	Like It	460		26	18	0.5	80	150	54	0	47	6
Mario & Luigi's Masterpiece	276	Love It	730		41	28	1.0	130	250	87	0	75	10
Mario & Luigi's Masterpiece	389	Gotta Have It	1000		57	38	1.5	195	340	116	0	101	14
Treat or Treat	183	Like It	570		29	17	0.5	75	190	73	0	58	7
Treat or Treat	300	Love It	940		48	28	1.0	120	300	122	0	95	11
Treat or Treat	413	Gotta Have It	1220		63	37	1.0	180	440	157	0	124	15
Monster Cookie Mash	189	Like It	630		35	16	0.0	70	230	69	1	50	13
Monster Cookie Mash	280	Love It	890		47	23	0.5	110	370	103	1	76	17
Monster Cookie Mash	393	Gotta Have It	1180		61	32	1.0	165	550	143	2	106	21
Mix-ins													
Cornbread	22	1 serving	70		3.5	0	0.0	5	75	11	0	5	1
Golden Grahams Cereal	12	1 serving	40		0	0	0	0	90	10	0	4	0
Halloween OREO Cookies	30	2 cookies	140		7	2	0.0	0	90	22	0	14	0
Oats	12	1 serving	45		1	0	0	0	0	8	1	0	1
Freezer Items													
Honey Cornbread Berry Pie	111	9"	370		17	6	2	30	125	53	0	32	4
Rainbow Sprinkle Road Cake	141	Large Round	420		22	16	0.0	50	240	54	0	42	5
Waffle Products													
Black/Orange Waffle Cone/Bowl	43	1	110		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 calories 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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