




Ice Cream, Sorbet and Frozen Dessert Nutritional Information

	Serving weight (g)	Size	Total calories (cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Added sugars (g)	Protein (g)
Ice Cream													
Amaretto Ice Cream	85	Kids	200	12	7	0.0	50	60	21	0	19	14	2
Amaretto Ice Cream	142	Like It®	340	20	12	0.5	80	100	36	0	31	24	4
Amaretto Ice Cream	227	Love It®	540	32	20	1.0	130	160	57	0	50	38	6
Amaretto Ice Cream	340	Gotta Have It®	810	48	30	1.5	195	240	85	0	74	57	9
Apple Cinnamon Oatmeal Ice Cream	85	Kids	210	12	7	0.0	45	70	23	0	19	14	2
Apple Cinnamon Oatmeal Ice Cream	142	Like It	350	20	12	0.5	80	115	38	0	32	24	4
Apple Cinnamon Oatmeal Ice Cream	227	Love It	550	31	19	1.0	125	190	61	0	51	38	7
Apple Cinnamon Oatmeal Ice Cream	340	Gotta Have It	830	47	29	1.5	190	280	91	0	76	57	10
Banana Ice Cream	85	Kids	190	11	7	0.0	45	55	21	0	18	13	2
Banana Ice Cream	142	Like It	320	18	11	0.5	75	90	35	0	30	22	4
Banana Ice Cream	227	Love It	510	29	18	1.0	120	150	56	1	48	35	6
Banana Ice Cream	340	Gotta Have It	770	44	27	1.5	175	220	84	1	72	52	9
Banana Bread Batter Ice Cream	85	Kids	220	10	6	0.0	35	135	28	0	21	16	2
Banana Bread Batter Ice Cream	142	Like It	360	17	11	0.0	60	220	47	0	34	27	4
Banana Bread Batter Ice Cream	227	Love It	580	28	17	1.0	100	350	75	1	55	43	6
Banana Bread Batter Ice Cream	340	Gotta Have It	860	42	26	1.0	150	530	112	1	82	65	9
Black Cherry Ice Cream	85	Kids	200	11	7	0.0	45	55	23	0	20	16	2
Black Cherry Ice Cream	142	Like It	340	19	12	0.5	75	95	38	0	34	27	4
Black Cherry Ice Cream	227	Love It	540	30	19	1.0	120	150	60	0	54	43	6
Black Cherry Ice Cream	340	Gotta Have It	810	45	28	1.5	185	230	91	0	81	65	8
Blueberry Muffin Batter Ice Cream	85	Kids	220	11	7	0.0	40	90	26	0	21	16	2
Blueberry Muffin Batter Ice Cream	142	Like It	360	19	11	0.5	70	150	44	0	34	27	4
Blueberry Muffin Batter Ice Cream	227	Love It	570	30	18	1.0	110	250	70	0	55	44	6
Blueberry Muffin Batter Ice Cream	340	Gotta Have It	860	45	27	1.5	165	370	104	1	82	66	9
Butter Pecan Ice Cream	85	Kids	200	12	7	0.0	50	150	22	0	19	15	2
Butter Pecan Ice Cream	142	Like It	340	20	12	0.5	80	250	37	0	32	25	4
Butter Pecan Ice Cream	227	Love It	540	31	20	1.0	125	400	59	0	51	39	6
Butter Pecan Ice Cream	340	Gotta Have It	810	47	29	1.5	190	600	88	0	77	59	9
Butterscotch Pudding Ice Cream	85	Kids	220	10	7	0.0	40	110	29	0	24	21	2
Butterscotch Pudding Ice Cream	142	Like It	360	17	11	0.5	70	180	49	0	41	34	3
Butterscotch Pudding Ice Cream	227	Love It	580	28	17	1.0	115	290	78	0	65	55	5
Butterscotch Pudding Ice Cream	340	Gotta Have It	870	42	26	1.5	170	430	116	0	98	82	8
Cake Batter Ice Cream®	85	Kids	220	11	7	0.0	45	95	26	0	21	17	2
Cake Batter Ice Cream	142	Like It	360	19	11	0.5	75	160	43	0	35	28	4
Cake Batter Ice Cream	227	Love It	580	30	18	1.0	120	260	70	0	56	45	6
Cake Batter Ice Cream	340	Gotta Have It	860	45	27	1.5	175	390	104	0	83	67	9
Cake Batter Ganache™ Ice Cream	85	Kids	240	13	7	0.0	40	95	27	0	22	18	2
Cake Batter Ganache Ice Cream	142	Like It	390	22	12	0.5	70	160	46	1	37	30	4
Cake Batter Ganache Ice Cream	227	Love It	630	34	19	1.0	110	250	73	1	59	49	6
Cake Batter Ganache Ice Cream	340	Gotta Have It	940	52	28	1.5	165	370	110	1	88	73	9
Caramel Cardamom Ice Cream	85	Kids	210	11	7	0.0	45	70	26	0	21	17	2
Caramel Cardamom Ice Cream	142	Like It	350	18	12	0.5	75	120	43	0	35	28	4
Caramel Cardamom Ice Cream	227	Love It	560	29	18	1.0	120	190	68	0	56	45	6
Caramel Cardamom Ice Cream	340	Gotta Have It	840	44	28	1.5	175	280	102	0	84	67	9
Caramel Chocolate Cheesecake Ice Cream	85	Kids	210	12	7	0.0	40	115	23	1	20	16	3
Caramel Chocolate Cheesecake Ice Cream	142	Like It	350	20	12	0.5	70	190	39	1	33	27	5
Caramel Chocolate Cheesecake Ice Cream	227	Love It	570	32	19	1.0	110	310	63	2	53	42	8
Caramel Chocolate Cheesecake Ice Cream	340	Gotta Have It	850	48	28	1.5	165	460	94	3	80	64	11
Caramel Latte Ice Cream	85	Kids	210	11	7	0.0	45	70	24	0	20	16	2
Caramel Latte Ice Cream	142	Like It	350	19	12	0.5	75	115	40	0	34	27	4
Caramel Latte Ice Cream	227	Love It	560	30	19	1.0	120	180	65	0	54	43	6
Caramel Latte Ice Cream	340	Gotta Have It	840	45	28	1.5	180	270	97	0	81	64	9


Ice Cream, Sorbet and Frozen Dessert Nutritional Information

	Serving weight (g)	Size	Total calories (cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Added sugars (g)	Protein (g)
Ice Cream													
Caramel Truffle Ice Cream	85	Kids	230	13	7	0.0	35	75	27	1	22	19	3
Caramel Truffle Ice Cream	142	Like It	390	21	12	0.5	60	120	45	2	38	31	5
Caramel Truffle Ice Cream	227	Love It	620	34	19	1.0	100	190	72	2	60	50	8
Caramel Truffle Ice Cream	340	Gotta Have It	930	51	28	1.0	150	290	108	4	90	74	11
Chai Cold Brew Ice Cream	85	Kids	190	12	8	0.0	45	60	25	0	21	17	2
Chai Cold Brew Ice Cream	142	Like It	310	20	13	0.5	75	100	41	0	36	29	4
Chai Cold Brew Ice Cream	227	Love It	500	33	21	1.0	120	160	66	1	57	46	6
Chai Cold Brew Ice Cream	340	Gotta Have It	750	49	32	1.5	180	240	98	1	85	69	8
Cheesecake Ice Cream	85	Kids	200	11	7	0.0	45	85	23	0	19	15	2
Cheesecake Ice Cream	142	Like It	340	19	12	0.5	75	140	39	0	32	25	4
Cheesecake Ice Cream	227	Love It	540	30	19	1.0	120	230	62	0	51	40	6
Cheesecake Ice Cream	340	Gotta Have It	820	45	28	1.5	180	350	93	0	77	60	9
Cherry Vanilla Ice Cream	85	Kids®	200	11	7	0.0	45	55	23	0	21	16	2
Cherry Vanilla Ice Cream	142	Like It®	340	18	11	0.5	75	95	38	0	34	27	3
Cherry Vanilla Ice Cream	227	Love It®	540	29	18	1.0	120	150	61	0	55	44	6
Cherry Vanilla Ice Cream	340	Gotta Have It®	810	44	27	1.5	180	230	92	0	82	65	8
Chocolate Ice Cream	85	Kids	200	12	8	0.0	45	65	20	1	19	14	3
Chocolate Ice Cream	142	Like It	340	20	13	0.5	75	105	34	1	31	24	5
Chocolate Ice Cream	227	Love It	540	32	20	1.0	120	170	54	2	50	38	8
Chocolate Ice Cream	340	Gotta Have It	810	48	30	1.5	180	260	81	3	75	57	12
Chocolate Cake Batter Ice Cream®	85	Kids	220	11	7	0.0	40	105	26	1	21	17	3
Chocolate Cake Batter Ice Cream	142	Like It	360	19	11	0.5	65	180	44	1	35	29	5
Chocolate Cake Batter Ice Cream	227	Love It	580	30	18	1.0	105	290	70	2	57	46	8
Chocolate Cake Batter Ice Cream	340	Gotta Have It	870	44	27	1.5	160	430	105	3	85	69	12
Chocolate Cake Batter™ Ganache Ice Cream	85	Kids	240	13	7	0.0	35	105	28	1	22	19	3
Chocolate Cake Batter Ganache Ice Cream	142	Like It	400	21	11	0.5	60	170	46	2	37	31	5
Chocolate Cake Batter Ganache Ice Cream	227	Love It	630	34	18	1.0	100	270	74	3	59	50	8
Chocolate Cake Batter Ganache Ice Cream	340	Gotta Have It	950	51	27	1.5	150	410	110	4	89	74	12
Chocolate Cupcake Ice Cream	85	Kids	220	12	7	0.0	40	135	24	1	20	16	3
Chocolate Cupcake Ice Cream	142	Like It	370	21	12	0.5	65	230	41	2	33	27	6
Chocolate Cupcake Ice Cream	227	Love It	590	33	20	1.0	105	360	65	3	53	43	9
Chocolate Cupcake Ice Cream	340	Gotta Have It	880	50	29	1.0	160	550	97	5	80	65	14
Chocolate Dipped Strawberry Ice Cream	85	Kids	220	13	7	0.0	40	55	24	0	21	17	2
Chocolate Dipped Strawberry Ice Cream	142	Like It	360	21	12	0.5	70	90	39	1	35	28	3
Chocolate Dipped Strawberry Ice Cream	227	Love It	580	34	18	1.0	110	140	63	1	55	45	6
Chocolate Dipped Strawberry Ice Cream	340	Gotta Have It	860	50	28	1.5	165	210	94	1	83	67	8
Chocolate Hazelnut Ice Cream	85	Kids	220	13	8	0.0	40	60	23	1	21	17	3
Chocolate Hazelnut Ice Cream	142	Like It	370	22	13	0.5	70	105	38	1	35	28	5
Chocolate Hazelnut Ice Cream	227	Love It	600	35	20	1.0	110	160	61	2	57	44	8
Chocolate Hazelnut Ice Cream	340	Gotta Have It	890	52	31	1.5	165	250	91	4	85	67	13
Chocolate Layer Cake Ice Cream	85	Kids	210	12	7	0.0	45	115	24	0	20	16	3
Chocolate Layer Cake Ice Cream	142	Like It	360	19	11	0.5	75	200	41	0	33	27	4
Chocolate Layer Cake Ice Cream	227	Love It	570	31	18	1.0	120	310	65	0	53	42	7
Chocolate Layer Cake Ice Cream	340	Gotta Have It	850	47	27	1.5	180	470	97	1	79	63	11
Chocolate Malt Ice Cream	85	Kids	220	11	7	0.0	40	100	25	1	22	18	4
Chocolate Malt Ice Cream	142	Like It	370	19	12	0.5	70	170	41	1	36	30	6
Chocolate Malt Ice Cream	227	Love It	580	30	19	1.0	110	270	66	2	58	47	9
Chocolate Malt Ice Cream	340	Gotta Have It	880	45	29	1.5	165	400	99	3	87	71	14
Chocolate Peanut Butter Ice Cream	85	Kids	260	17	8	0.0	35	130	23	1	19	15	6
Chocolate Peanut Butter Ice Cream	142	Like It	440	29	13	0.0	55	220	38	2	32	25	10
Chocolate Peanut Butter Ice Cream	227	Love It	700	46	20	1.0	90	340	61	3	52	40	16
Chocolate Peanut Butter Ice Cream	340	Gotta Have It	1050	68	30	1.0	130	520	91	5	77	60	24
Chocolate Pudding Ice Cream	85	Kids	220	10	7	0.0	40	100	28	0	23	19	2
Chocolate Pudding Ice Cream	142	Like It	360	17	11	0.5	70	170	47	0	39	32	3
Chocolate Pudding Ice Cream	227	Love It	580	28	17	1.0	115	270	75	0	62	51	5
Chocolate Pudding Ice Cream	340	Gotta Have It	870	42	26	1.5	170	410	113	0	92	77	8


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	Serving weight (g)	Size	Total calories (cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Added sugars (g)	Protein (g)
Ice Cream													
Chocolate Raspberry Truffle Ice Cream	85	Kids	210	10	7	0.0	35	75	25	1	23	18	3
Chocolate Raspberry Truffle Ice Cream	142	Like It	350	17	11	0.5	60	130	42	1	38	30	5
Chocolate Raspberry Truffle Ice Cream	227	Love It	550	28	18	1.0	95	210	67	2	61	49	8
Chocolate Raspberry Truffle Ice Cream	340	Gotta Have It	830	42	27	1.0	145	310	101	3	91	73	12
Cinnamon Ice Cream	85	Kids	200	12	7	0.0	50	60	22	0	19	14	2
Cinnamon Ice Cream	142	Like It	340	20	12	0.5	80	100	36	1	31	24	4
Cinnamon Ice Cream	227	Love It	540	32	20	1.0	130	160	57	1	50	38	6
Cinnamon Ice Cream	340	Gotta Have It	810	48	30	1.5	195	240	86	2	75	57	9
Cinnamon Bun Batter Ice Cream	85	Kids	220	10	6	0.0	40	100	30	0	22	19	2
Cinnamon Bun Batter Ice Cream	142	Like It®	370	17	11	0.5	65	170	50	1	37	31	4
Cinnamon Bun Batter Ice Cream	227	Love It®	590	28	17	1.0	105	270	80	1	60	50	6
Cinnamon Bun Batter Ice Cream	340	Gotta Have It®	890	41	25	1.0	160	410	120	2	90	74	9
Circus Animal Cookies Ice Cream	85	Kids	230	12	8	0.0	40	140	28	0	22	18	2
Circus Animal Cookies Ice Cream	142	Like It	390	21	14	0.5	70	230	48	0	37	31	4
Circus Animal Cookies Ice Cream	227	Love It	630	33	22	1.0	110	370	76	0	59	49	6
Circus Animal Cookies Ice Cream	340	Gotta Have It	940	50	33	1.5	160	560	114	0	88	73	10
Classic Cookie Dough Ice Cream	85	Kids	220	10	6	0.0	40	130	29	0	22	19	2
Classic Cookie Dough Ice Cream	142	Like It	370	17	11	0.5	70	220	49	0	37	31	4
Classic Cookie Dough Ice Cream	227	Love It	590	28	17	1.0	110	350	78	0	60	50	6
Classic Cookie Dough Ice Cream	340	Gotta Have It	890	42	25	1.5	165	520	117	0	90	74	10
Coconut Ice Cream	85	Kids	200	12	7	0.0	45	60	22	0	19	15	2
Coconut Ice Cream	142	Like It	340	19	12	0.5	80	100	36	0	32	25	4
Coconut Ice Cream	227	Love It	540	31	19	1.0	125	160	57	0	52	40	6
Coconut Ice Cream	340	Gotta Have It	800	47	29	1.5	190	240	86	0	77	60	9
Coffee Ice Cream	85	Kids	200	12	7	0.0	50	60	21	0	19	14	2
Coffee Ice Cream	142	Like It	340	20	13	0.5	80	100	36	0	31	24	4
Coffee Ice Cream	227	Love It	540	32	20	1.0	130	160	57	0	50	38	6
Coffee Ice Cream	340	Gotta Have It	810	48	30	1.5	195	240	85	0	75	57	9
Cookie Butter Ice Cream	85	Kids	240	15	8	0.0	45	50	24	0	20	16	2
Cookie Butter Ice Cream	142	Like It	410	26	13	0.5	70	85	40	0	33	27	4
Cookie Butter Ice Cream	227	Love It	650	41	21	1.0	115	140	64	0	53	42	6
Cookie Butter Ice Cream	340	Gotta Have It	980	61	32	2.0	175	210	96	1	79	64	9
Cotton Candy Ice Cream	85	Kids	200	12	7	0.0	50	60	21	0	18	14	2
Cotton Candy Ice Cream	142	Like It	330	20	12	0.5	80	100	35	0	31	23	4
Cotton Candy Ice Cream	227	Love It	540	31	20	1.0	130	160	56	0	49	37	6
Cotton Candy Ice Cream	340	Gotta Have It	800	47	29	1.5	190	240	84	0	74	56	9
Dark Chocolate Ice Cream	85	Kids	200	12	7	0.0	45	135	21	2	18	14	4
Dark Chocolate Ice Cream	142	Like It	340	20	12	0.5	70	230	35	3	30	23	6
Dark Chocolate Ice Cream	227	Love It	540	32	20	1.0	115	360	57	5	48	37	10
Dark Chocolate Ice Cream	340	Gotta Have It	810	48	30	1.5	175	540	85	8	72	55	15
Dark Chocolate Peppermint Ice Cream	85	Kids	200	12	7	0.0	45	135	22	2	18	14	4
Dark Chocolate Peppermint Ice Cream	142	Like It	340	20	12	0.5	70	220	36	3	30	23	6
Dark Chocolate Peppermint Ice Cream	227	Love It	540	32	20	1.0	115	360	58	5	48	36	10
Dark Chocolate Peppermint Ice Cream	340	Gotta Have It	810	47	30	1.5	170	530	87	7	72	54	15
Dulce De Leche Ice Cream	85	Kids	210	11	7	0.0	45	70	25	0	23	18	3
Dulce De Leche Ice Cream	142	Like It	350	19	12	0.5	80	115	42	0	39	30	4
Dulce De Leche Ice Cream	227	Love It	570	30	19	1.0	125	180	67	0	62	48	7
Dulce De Leche Ice Cream	340	Gotta Have It	850	45	28	1.5	185	270	101	0	93	73	10
Eggnog Ice Cream	85	Kids	170	10	6	0.0	45	65	19	0	17	13	2
Eggnog Ice Cream	142	Like It	290	16	10	0.0	75	105	31	0	28	21	4
Eggnog Ice Cream	227	Love It	460	26	16	0.5	125	170	50	0	45	34	6
Eggnog Ice Cream	340	Gotta Have It	700	39	25	1.0	185	250	75	0	68	51	10
French Vanilla Ice Cream	85	Kids	200	12	7	0.0	55	60	22	0	20	15	2
French Vanilla Ice Cream	142	Like It	340	20	12	0.5	95	105	37	0	33	26	4
French Vanilla Ice Cream	227	Love It	550	31	19	1.0	150	160	59	0	53	41	6
French Vanilla Ice Cream	340	Gotta Have It	820	47	29	1.5	225	250	88	0	79	62	9


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	Serving weight (g)	Size	Total calories (cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Added sugars (g)	Protein (g)
Ice Cream													
Frozen Hot Chocolate Ice Cream	85	Kids	210	12	7	0.0	45	160	24	0	21	17	2
Frozen Hot Chocolate Ice Cream	142	Like It	350	19	12	0.5	75	270	40	0	36	28	4
Frozen Hot Chocolate Ice Cream	227	Love It	560	31	20	1.0	120	430	65	1	57	45	6
Frozen Hot Chocolate Ice Cream	340	Gotta Have It	840	46	29	1.5	180	650	97	1	85	67	9
Fudge Brownie Batter Ice Cream	85	Kids	220	12	7	0.0	40	95	27	1	22	18	3
Fudge Brownie Batter Ice Cream	142	Like It	370	19	11	0.5	65	150	44	2	37	31	5
Fudge Brownie Batter Ice Cream	227	Love It	600	31	18	1.0	105	250	71	2	60	49	9
Fudge Brownie Batter Ice Cream	340	Gotta Have It	900	46	27	1.5	155	370	106	4	89	73	13
Fudge Mint Cookie Ice Cream	85	Kids	220	13	8	0.0	40	60	23	1	20	16	3
Fudge Mint Cookie Ice Cream	142	Like It®	370	21	13	0.5	70	100	39	1	34	26	5
Fudge Mint Cookie Ice Cream	227	Love It®	570	34	21	1.0	110	160	62	2	54	42	8
Fudge Mint Cookie Ice Cream	340	Gotta Have It®	890	51	32	1.5	165	240	93	3	80	63	12
Fudge Truffle Ice Cream	85	Kids	210	11	7	0.0	35	115	26	1	23	19	3
Fudge Truffle Ice Cream	142	Like It	360	18	12	0.0	60	200	44	2	39	32	6
Fudge Truffle Ice Cream	227	Love It	570	29	19	1.0	95	310	70	4	62	50	9
Fudge Truffle Ice Cream	340	Gotta Have It	850	43	28	1.0	140	470	105	6	93	76	14
Ghirardelli® Chocolate Ice Cream	85	Kids	200	12	7	0.0	45	60	23	2	17	13	3
Ghirardelli Chocolate Ice Cream	142	Like It	340	20	12	0.5	75	100	38	4	29	22	4
Ghirardelli Chocolate Ice Cream	227	Love It	540	32	20	1.0	120	160	61	6	46	35	7
Ghirardelli Chocolate Ice Cream	340	Gotta Have It	800	48	30	1.5	180	230	92	8	69	53	11
Goopy Butter Cake Ice Cream	85	Kids	220	11	6	0.0	50	115	28	0	22	18	2
Goopy Butter Cake Ice Cream	142	Like It	360	18	11	0.5	80	190	47	0	36	30	4
Goopy Butter Cake Ice Cream	227	Love It	580	28	17	1.0	130	310	75	0	58	44	6
Goopy Butter Cake Ice Cream	340	Gotta Have It	870	42	25	1.0	195	460	112	0	87	72	9
Golden OREO® Cookie Ice Cream	85	Kids	220	13	7	0.0	45	95	25	0	20	16	2
Golden OREO Cookie Ice Cream	142	Like It	370	21	12	0.5	75	160	42	0	33	26	4
Golden OREO Cookie Ice Cream	227	Love It	600	34	19	1.0	120	260	67	0	53	42	6
Golden OREO Cookie Ice Cream	340	Gotta Have It	900	50	29	1.5	175	390	100	0	79	63	9
JELL-O® Banana Cream Pudding Ice Cream	85	Kids	210	10	6	0.0	40	170	26	0	22	18	2
JELL-O® Banana Cream Pudding Ice Cream	142	Like It	340	17	11	0.5	70	280	44	0	37	30	3
JELL-O® Banana Cream Pudding Ice Cream	227	Love It	550	27	17	1.0	110	450	70	0	60	48	5
JELL-O® Banana Cream Pudding Ice Cream	340	Gotta Have It	820	41	26	1.5	165	670	105	1	90	72	8
Key Lime Ice Cream	85	Kids	210	12	7	0.0	50	55	25	0	22	18	2
Key Lime Ice Cream	142	Like It	360	19	12	0.5	80	95	42	0	36	30	4
Key Lime Ice Cream	227	Love It	570	31	19	1.0	130	150	66	0	58	47	6
Key Lime Ice Cream	340	Gotta Have It	850	46	28	1.5	195	220	99	0	87	71	8
Lucky Charms™ Ice Cream	85	Kids	210	12	7	0.0	45	85	24	0	19	15	3
Lucky Charms™ Ice Cream	142	Like It	350	19	12	0.5	75	140	40	0	32	25	4
Lucky Charms™ Ice Cream	227	Love It	560	31	19	1.0	125	230	64	1	52	40	7
Lucky Charms™ Ice Cream	340	Gotta Have It	840	46	28	1.5	185	350	96	1	77	60	10
Mango Ice Cream	85	Kids	190	10	6	0.0	40	50	22	0	20	16	2
Mango Ice Cream	142	Like It	310	17	11	0.5	70	85	37	0	33	26	3
Mango Ice Cream	227	Love It	500	27	17	1.0	110	140	59	0	53	42	5
Mango Ice Cream	340	Gotta Have It	750	41	26	1.5	165	210	88	1	80	63	8
Marbled Cake Batter™ Ice Cream	85	Kids	210	12	7	0.0	45	80	23	0	20	16	3
Marbled Cake Batter Ice Cream	142	Like It	350	19	12	0.5	75	135	39	1	33	26	4
Marbled Cake Batter Ice Cream	227	Love It	560	31	19	1.0	120	220	62	1	53	42	7
Marbled Cake Batter Ice Cream	340	Gotta Have It	840	46	29	1.5	180	330	93	2	80	62	11
Marshmallow Ice Cream	85	Kids	210	11	7	0.0	45	60	25	0	19	15	2
Marshmallow Ice Cream	142	Like It	340	18	11	0.5	75	100	41	0	31	25	3
Marshmallow Ice Cream	227	Love It	550	29	18	1.0	115	160	66	0	50	39	5
Marshmallow Ice Cream	340	Gotta Have It	820	43	27	1.5	175	240	99	0	75	59	8


Ice Cream, Sorbet and Frozen Dessert Nutritional Information

	Serving weight (g)	Size	Total calories (cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Added sugars (g)	Protein (g)
Ice Cream													
Milk & Cookies Ice Cream made with Chips Ahoy!®	85	Kids	220	13	8	0.0	45	75	24	0	20	16	2
Milk & Cookies Ice Cream made with Chips Ahoy!	142	Like It	370	22	13	0.5	75	125	41	0	33	26	4
Milk & Cookies Ice Cream made with Chips Ahoy!	227	Love It	600	34	20	1.0	120	200	65	0	53	42	6
Milk & Cookies Ice Cream made with Chips Ahoy!	340	Gotta Have It	900	52	30	1.5	175	290	97	0	79	63	9
Mint Ice Cream	85	Kids	200	12	7	0.0	45	60	22	0	20	16	2
Mint Ice Cream	142	Like It	340	19	12	0.5	80	95	37	0	34	27	4
Mint Ice Cream	227	Love It	540	31	19	1.0	125	150	60	0	54	42	6
Mint Ice Cream	340	Gotta Have It	810	46	29	1.5	190	230	90	0	81	64	9
Mocha Ice Cream	85	Kids	200	12	7	0.0	45	65	21	1	19	14	3
Mocha Ice Cream	142	Like It®	340	20	12	0.5	75	105	34	1	31	24	5
Mocha Ice Cream	227	Love It®	540	32	20	1.0	120	170	55	2	50	38	8
Mocha Ice Cream	340	Gotta Have It®	820	48	30	1.5	180	250	82	3	75	57	12
Oatmeal Cookie Batter Ice Cream	85	Kids	210	12	7	0.0	45	75	23	0	19	14	2
Oatmeal Cookie Batter Ice Cream	142	Like It	350	20	12	0.5	80	125	38	0	32	23	4
Oatmeal Cookie Batter Ice Cream	227	Love It	550	31	19	1.0	125	200	61	0	51	37	7
Oatmeal Cookie Batter Ice Cream	340	Gotta Have It	830	47	29	1.5	190	300	91	0	76	55	10
Orange Dreamsicle Ice Cream	85	Kids	200	12	7	0.0	50	60	21	0	18	14	2
Orange Dreamsicle Ice Cream	142	Like It	330	20	12	0.5	80	100	35	0	31	23	4
Orange Dreamsicle Ice Cream	227	Love It	530	31	20	1.0	130	160	55	0	49	37	6
Orange Dreamsicle Ice Cream	340	Gotta Have It	800	47	29	1.5	190	240	83	0	73	56	9
OREO® Crème Ice Cream	85	Kids	280	18	9	0.0	40	65	25	0	23	20	2
OREO Crème Ice Cream	142	Like It	460	31	14	0.0	65	105	42	0	39	33	3
OREO Crème Ice Cream	227	Love It	740	49	23	1.0	105	170	68	0	62	53	5
OREO Crème Ice Cream	340	Gotta Have It	1100	73	34	1.0	155	250	101	0	93	79	7
Peach Ice Cream	85	Kids	200	11	7	0.0	45	60	23	0	21	16	2
Peach Ice Cream	142	Like It	340	19	12	0.5	75	100	39	0	34	27	3
Peach Ice Cream	227	Love It	540	30	18	1.0	120	160	63	0	55	44	6
Peach Ice Cream	340	Gotta Have It	810	44	28	1.5	180	240	94	0	82	65	8
Peanut Butter Ice Cream	85	Kids	230	15	8	0.0	45	85	21	0	18	14	4
Peanut Butter Ice Cream	142	Like It	380	24	13	0.5	75	140	35	1	30	23	6
Peanut Butter Ice Cream	227	Love It	610	39	20	1.0	120	230	56	1	48	36	10
Peanut Butter Ice Cream	340	Gotta Have It	910	58	30	1.5	180	340	84	1	72	54	14
Peanut Butter Cookie Dough Ice Cream	85	Kids	230	12	7	0.0	40	160	27	0	21	17	3
Peanut Butter Cookie Dough Ice Cream	142	Like It	380	20	11	0.5	70	260	45	0	34	28	5
Peanut Butter Cookie Dough Ice Cream	227	Love It	610	33	18	1.0	110	420	71	0	55	45	8
Peanut Butter Cookie Dough Ice Cream	340	Gotta Have It	920	49	27	1.5	165	630	107	0	82	68	12
Peanut Butter & Jelly Ice Cream	85	Kids	240	13	7	0.0	40	95	26	0	21	16	3
Peanut Butter & Jelly Ice Cream	142	Like It	390	22	12	0.5	65	160	43	0	34	27	5
Peanut Butter & Jelly Ice Cream	227	Love It	630	36	19	1.0	100	260	69	1	55	44	9
Peanut Butter & Jelly Ice Cream	340	Gotta Have It	940	54	29	1.0	155	380	104	1	82	65	13
Peppermint Mocha Ice Cream	85	Kids	210	12	7	0.0	45	65	21	1	19	14	3
Peppermint Mocha Ice Cream	142	Like It	340	20	12	0.5	75	105	35	1	31	23	5
Peppermint Mocha Ice Cream	227	Love It	550	32	20	1.0	120	170	57	2	49	38	8
Peppermint Mocha Ice Cream	340	Gotta Have It	820	47	30	1.5	180	250	85	3	74	56	12
Pineapple Upside Down Cake Ice Cream	85	Kids	200	11	7	0.0	40	90	24	0	19	14	2
Pineapple Upside Down Cake Ice Cream	142	Like It	340	18	11	0.5	65	150	40	0	32	24	4
Pineapple Upside Down Cake Ice Cream	227	Love It	540	29	18	1.0	105	240	64	0	51	38	6
Pineapple Upside Down Cake Ice Cream	340	Gotta Have It	810	43	27	1.0	155	370	96	0	76	57	9
Pistachio Ice Cream	85	Kids	200	12	7	0.0	50	60	21	0	19	14	2
Pistachio Ice Cream	142	Like It	340	20	12	0.5	80	100	35	0	31	24	4
Pistachio Ice Cream	227	Love It	540	32	20	1.0	130	160	56	0	50	38	6
Pistachio Ice Cream	340	Gotta Have It	810	48	30	1.5	195	240	85	0	75	57	9
Pistachio Pudding Ice Cream	85	Kids	220	11	7	0.0	40	220	29	0	24	20	2
Pistachio Pudding Ice Cream	142	Like It®	360	18	11	0.5	70	360	48	0	41	34	3
Pistachio Pudding Ice Cream	227	Love It®	580	29	17	1.0	115	580	76	0	65	54	5
Pistachio Pudding Ice Cream	340	Gotta Have It®	870	43	26	1.5	170	870	114	0	97	81	8

Ice Cream, Sorbet and Frozen Dessert Nutritional Information

	Serving weight (g)	Size	Total calories (cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Added sugars (g)	Protein (g)
Ice Cream													
Pumpkin Bread Batter Ice Cream	85	Kids	210	11	7	0.0	45	55	26	0	21	17	2
Pumpkin Bread Batter Ice Cream	142	Like It	360	18	11	0.5	75	90	44	0	36	29	4
Pumpkin Bread Batter Ice Cream	227	Love It	570	29	18	1.0	120	140	70	0	57	46	6
Pumpkin Bread Batter Ice Cream	340	Gotta Have It	860	44	27	1.5	175	220	105	1	86	69	9
Pumpkin Ice Cream	85	Kids	170	9	6	0.0	35	70	21	0	19	15	2
Pumpkin Ice Cream	142	Like It	290	15	9	0.0	60	120	35	0	31	24	3
Pumpkin Ice Cream	227	Love It	460	24	15	1.0	100	190	55	0	49	39	5
Pumpkin Ice Cream	340	Gotta Have It	690	36	23	1.0	145	290	83	0	74	58	7
Pumpkin Cheesecake Ice Cream	85	Kids	190	11	7	0.0	45	80	22	0	19	15	2
Pumpkin Cheesecake Ice Cream	142	Like It	320	18	11	0.5	70	130	37	0	32	25	3
Pumpkin Cheesecake Ice Cream	227	Love It	520	28	18	1.0	115	210	59	0	50	39	5
Pumpkin Cheesecake Ice Cream	340	Gotta Have It	770	43	27	1.5	170	310	89	0	76	59	8
Raspberry Ice Cream	85	Kids	200	11	7	0.0	45	55	22	0	19	15	2
Raspberry Ice Cream	142	Like It	330	19	12	0.5	75	95	37	0	32	25	4
Raspberry Ice Cream	227	Love It	530	30	19	1.0	120	150	59	0	52	40	6
Raspberry Ice Cream	340	Gotta Have It	800	45	28	1.5	180	230	88	0	78	59	9
Red Velvet Cake Batter Ice Cream	85	Kids	220	11	6	0.0	40	130	28	0	21	18	3
Red Velvet Cake Batter Ice Cream	142	Like It	370	18	11	0.5	70	220	47	0	36	29	4
Red Velvet Cake Batter Ice Cream	227	Love It	590	29	17	1.0	115	350	74	0	57	47	7
Red Velvet Cake Batter Ice Cream	340	Gotta Have It	890	44	25	1.0	170	530	112	1	85	70	10
Red Velvet Cake Ice Cream	85	Kids	220	11	6	0.0	45	135	26	0	20	16	3
Red Velvet Cake Ice Cream	142	Like It	360	19	11	0.0	75	230	43	0	34	27	5
Red Velvet Cake Ice Cream	227	Love It	580	30	17	1.0	120	360	69	1	54	43	8
Red Velvet Cake Ice Cream	340	Gotta Have It	870	45	26	1.0	175	540	103	1	80	65	11
Reese's Peanut Butter Cup Ice Cream	85	Kids	240	15	8	0.0	40	115	22	1	20	15	4
Reese's Peanut Butter Cup Ice Cream	142	Like It	400	25	13	0.5	65	190	36	2	33	26	7
Reese's Peanut Butter Cup Ice Cream	227	Love It	630	40	20	1.0	105	300	58	3	53	41	11
Reese's Peanut Butter Cup Ice Cream	340	Gotta Have It	950	60	31	1.5	160	450	87	5	79	62	17
Rum Raisin Ice Cream	85	Kids	200	12	7	0.0	50	60	21	1	19	14	2
Rum Raisin Ice Cream	142	Like It	340	20	12	0.5	80	100	36	1	31	24	4
Rum Raisin Ice Cream	227	Love It	550	32	20	1.0	130	160	57	1	50	38	6
Rum Raisin Ice Cream	340	Gotta Have It	820	48	30	1.5	195	240	86	2	74	56	9
Salted Caramel Ice Cream	85	Kids	210	11	7	0.0	50	170	25	0	21	17	2
Salted Caramel Ice Cream	142	Like It	350	19	12	0.5	85	280	42	0	35	28	4
Salted Caramel Ice Cream	227	Love It	560	30	18	1.0	135	440	66	0	56	45	6
Salted Caramel Ice Cream	340	Gotta Have It	840	45	28	1.5	200	660	99	0	84	67	9
Salted Chocolate Caramel Ice Cream	85	Kids	230	14	7	0.0	40	140	25	0	21	17	2
Salted Chocolate Caramel Ice Cream	142	Like It	390	23	12	0.5	70	240	42	1	36	29	4
Salted Chocolate Caramel Ice Cream	227	Love It	620	37	20	1.0	115	380	67	1	57	46	6
Salted Chocolate Caramel Ice Cream	340	Gotta Have It	930	55	29	1.5	170	570	100	2	85	69	9
Sea Salt Fudge Ice Cream	85	Kids	200	12	7	0.0	45	210	22	1	20	16	3
Sea Salt Fudge Ice Cream	142	Like It	340	19	12	0.5	70	340	36	1	33	26	5
Sea Salt Fudge Ice Cream	227	Love It	550	31	20	1.0	115	550	58	2	53	41	8
Sea Salt Fudge Ice Cream	340	Gotta Have It	820	47	29	1.5	170	830	87	3	80	62	12
Sea Salt Sweet Cream Ice Cream	85	Kids	200	12	7	0.0	50	180	21	0	19	14	2
Sea Salt Sweet Cream Ice Cream	142	Like It	340	20	13	0.5	80	290	35	0	31	24	4
Sea Salt Sweet Cream Ice Cream	227	Love It	540	32	20	1.0	130	470	56	0	50	38	6
Sea Salt Sweet Cream Ice Cream	340	Gotta Have It	810	48	30	1.5	195	700	84	0	75	57	9
Sea Salt Vanilla Bean Ice Cream	85	Kids	200	12	7	0.0	50	210	21	0	19	14	2
Sea Salt Vanilla Bean Ice Cream	142	Like It	340	20	12	0.5	80	350	35	0	31	24	4
Sea Salt Vanilla Bean Ice Cream	227	Love It	540	32	20	1.0	130	560	55	0	50	38	6
Sea Salt Vanilla Bean Ice Cream	340	Gotta Have It	810	47	30	1.5	195	840	83	0	74	56	9
Snickerdoodle Cookie Ice Cream	85	Kids	220	10	6	0.0	40	130	29	0	22	19	2
Snickerdoodle Cookie Ice Cream	142	Like It®	370	17	11	0.5	70	220	49	0	37	31	4
Snickerdoodle Cookie Ice Cream	227	Love It®	590	28	17	1.0	110	350	78	0	60	50	6
Snickerdoodle Cookie Ice Cream	340	Gotta Have It®	890	42	25	1.5	165	520	118	1	90	74	10

Ice Cream, Sorbet and Frozen Dessert Nutritional Information

	Serving weight (g)	Size	Total calories (cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Added sugars (g)	Protein (g)
Ice Cream													
Strawberry Ice Cream	85	Kids	200	11	7	0.0	45	55	22	0	19	15	2
Strawberry Ice Cream	142	Like It®	330	19	12	0.5	75	95	36	0	32	25	3
Strawberry Ice Cream	227	Love It®	530	30	19	1.0	120	150	58	0	52	40	6
Strawberry Ice Cream	340	Gotta Have It®	790	45	28	1.5	180	220	87	0	77	60	8
Strawberry Cake Batter Ice Cream®	85	Kids	210	10	6	0.0	40	90	26	0	21	17	2
Strawberry Cake Batter Ice Cream	142	Like It	350	17	11	0.5	70	150	44	0	35	29	4
Strawberry Cake Batter Ice Cream	227	Love It	560	28	17	1.0	110	240	70	0	57	46	6
Strawberry Cake Batter Ice Cream	340	Gotta Have It	840	42	26	1.5	165	360	105	0	85	69	9
Strawberry Cheesecake Ice Cream	85	Kids	200	11	7	0.0	45	75	23	0	20	16	2
Strawberry Cheesecake Ice Cream	142	Like It	330	18	11	0.5	70	130	39	0	33	26	3
Strawberry Cheesecake Ice Cream	227	Love It	530	28	18	1.0	115	210	63	0	52	41	5
Strawberry Cheesecake Ice Cream	340	Gotta Have It	790	42	27	1.5	170	310	94	0	78	62	8
Strawberry Shortcake Ice Cream	85	Kids	210	11	7	0.0	40	105	25	0	20	17	2
Strawberry Shortcake Ice Cream	142	Like It	350	19	12	0.5	70	170	41	0	34	28	4
Strawberry Shortcake Ice Cream	227	Love It	560	30	19	1.0	115	280	65	0	54	44	6
Strawberry Shortcake Ice Cream	340	Gotta Have It	840	45	28	1.0	170	420	98	0	81	66	9
Sweet Cream Ice Cream	85	Kids	200	12	8	0.0	50	60	21	0	19	14	2
Sweet Cream Ice Cream	142	Like It	340	20	13	0.5	80	100	35	0	31	24	4
Sweet Cream Ice Cream	227	Love It	540	32	20	1.0	130	160	56	0	50	38	6
Sweet Cream Ice Cream	340	Gotta Have It	810	48	30	1.5	195	240	84	0	75	57	9
Vanilla Bean Ice Cream	85	Kids	200	12	7	0.0	50	80	20	0	18	14	2
Vanilla Bean Ice Cream	142	Like It	340	20	12	0.5	80	135	34	0	31	23	4
Vanilla Bean Ice Cream	227	Love It	540	31	20	1.0	125	220	55	0	49	37	6
Vanilla Bean Ice Cream	340	Gotta Have It	810	47	29	1.5	190	330	82	0	73	56	9
Vanilla Lite™ No Sugar Added Ice Cream	85	Kids	120	3.5	2	0.0	15	90	24	0	6	0	4
Vanilla Lite No Sugar Added Ice Cream	142	Like it	200	6	3.5	0.0	25	150	40	0	10	0	6
Vanilla Lite No Sugar Added Ice Cream	227	Love it	330	10	6	0.0	40	240	63	0	15	0	10
Vanilla Lite No Sugar Added Ice Cream	340	Gotta Have It	490	14	9	0.0	60	360	95	0	23	0	14
Frozen Dessert													
Silk® Chocolate Almondmilk	85	Kids	170	8	6	0.0	0	70	25	1	18	18	1
Silk Chocolate Almondmilk	142	Like It	280	13	10	0.0	0	115	41	1	30	30	1
Silk Chocolate Almondmilk	227	Love It	450	21	16	0.0	0	190	66	2	47	47	2
Silk Chocolate Almondmilk	340	Gotta Have It	680	31	25	0.0	0	280	99	3	71	71	3

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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Ice Cream, Sorbet and Frozen Dessert Nutritional Information

	Serving weight (g)	Size	Total calories (cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Added sugars (g)	Protein (g)
	Sorbet												
Countrytime® Pink Lemonade Sorbet	85	Kids	100	0	0	0.0	0	15	26	0	25	25	0
Countrytime Pink Lemonade Sorbet	142	Like It®	170	0	0	0.0	0	20	43	0	42	42	0
Countrytime Pink Lemonade Sorbet	227	Love It®	280	0	0	0.0	0	35	68	0	68	68	0
Countrytime Pink Lemonade Sorbet	340	Gotta Have It®	410	0	0	0.0	0	50	102	0	101	101	0
Lemon Sorbet	85	Kids	90	0	0	0.0	0	10	23	0	23	23	0
Lemon Sorbet	142	Like It	160	0	0	0.0	0	15	39	0	38	38	0
Lemon Sorbet	227	Love It	250	0	0	0.0	0	25	62	0	61	61	0
Lemon Sorbet	340	Gotta Have It	380	0	0	0.0	0	40	93	0	92	92	0
Mojito Sorbet	85	Kids	110	0	0	0.0	0	10	27	0	26	22	0
Mojito Sorbet	142	Like It	190	1	0	0.0	0	15	44	0	43	43	0
Mojito Sorbet	227	Love It	300	1	0.5	0.0	0	25	71	0	69	69	0
Mojito Sorbet	340	Gotta Have It	450	2	1	0.0	0	35	106	0	103	103	0
Orange Sorbet	85	Kids	90	0	0	0.0	0	10	22	0	22	22	0
Orange Sorbet	142	Like It	150	0	0	0.0	0	15	38	0	37	37	0
Orange Sorbet	227	Love It	250	0	0	0.0	0	25	60	0	60	60	0
Orange Sorbet	340	Gotta Have It	370	0	0	0.0	0	40	90	0	89	89	0
Peach Mango Sorbet	85	Kids	100	0	0	0.0	0	10	26	0	25	25	0
Peach Mango Sorbet	142	Like It	170	0	0	0.0	0	20	43	0	42	42	0
Peach Mango Sorbet	227	Love It	280	0	0	0.0	0	35	68	0	68	67	0
Peach Mango Sorbet	340	Gotta Have It	410	0	0	0.0	0	50	102	0	101	101	0
Pineapple Sorbet	85	Kids	90	0	0	0.0	0	10	21	0	21	19	0
Pineapple Sorbet	142	Like It	140	0	0	0.0	0	15	35	0	35	32	0
Pineapple Sorbet	227	Love It	230	0	0	0.0	0	20	56	0	56	51	0
Pineapple Sorbet	340	Gotta Have It	350	0	0	0.0	0	30	84	0	84	77	0
Pineapple Orange Banana Sorbet	85	Kids	90	0	0	0.0	0	10	23	0	23	19	0
Pineapple Orange Banana Sorbet	142	Like It	160	0	0	0.0	0	15	39	0	38	31	0
Pineapple Orange Banana Sorbet	227	Love It	250	0	0	0.0	0	20	62	1	60	50	1
Pineapple Orange Banana Sorbet	340	Gotta Have It	380	0	0	0.0	0	30	93	1	90	74	1
Raspberry Sorbet	85	Kids	90	0	0	0.0	0	10	23	0	23	23	0
Raspberry Sorbet	142	Like It	160	0	0	0.0	0	15	39	0	38	38	0
Raspberry Sorbet	227	Love It	250	0	0	0.0	0	25	62	0	61	60	0
Raspberry Sorbet	340	Gotta Have It	380	0	0	0.0	0	35	93	0	91	90	0
Strawberry Sorbet	85	Kids	100	0	0	0.0	0	10	24	0	24	24	0
Strawberry Sorbet	142	Like It	160	0	0	0.0	0	15	40	0	40	39	0
Strawberry Sorbet	227	Love It	260	0	0	0.0	0	25	64	0	63	63	0
Strawberry Sorbet	340	Gotta Have It	390	0	0	0.0	0	35	96	0	95	94	0
Strawberry Lemonade Sorbet	85	Kids	100	0	0	0.0	0	10	24	0	24	23	0
Strawberry Lemonade Sorbet	142	Like It	160	0	0	0.0	0	15	40	0	39	38	0
Strawberry Lemonade Sorbet	227	Love It	260	0	0	0.0	0	25	64	0	63	62	0
Strawberry Lemonade Sorbet	340	Gotta Have It	390	0	0	0.0	0	35	96	0	94	92	0
Strawberry Mango Banana Sorbet	85	Kids	90	0	0	0.0	0	10	23	0	23	22	0
Strawberry Mango Banana Sorbet	142	Like It	160	0	0	0.0	0	15	39	0	38	37	0
Strawberry Mango Banana Sorbet	227	Love It	250	0	0	0.0	0	20	63	0	61	59	0
Strawberry Mango Banana Sorbet	340	Gotta Have It	380	0	0	0.0	0	30	94	0	91	88	0
Watermelon Sorbet	85	Kids	100	0	0	0.0	0	10	24	0	23	23	0
Watermelon Sorbet	142	Like It®	160	0	0	0.0	0	20	40	0	39	38	0
Watermelon Sorbet	227	Love It®	260	0	0	0.0	0	30	64	0	62	61	0
Watermelon Sorbet	340	Gotta Have It®	390	0	0	0.0	0	50	96	0	92	92	0