




Ice Cream and Sorbet / Other 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)	Protein (g)
Ice Cream												
Amaretto Ice Cream	85	Kids	200	12	8	0.0	50	70	21	0	19	3
Amaretto Ice Cream	142	Like It®	340	21	13	0.5	80	115	36	0	32	5
Amaretto Ice Cream	227	Love It®	550	33	21	1.0	130	180	57	0	52	9
Amaretto Ice Cream	340	Gotta Have It®	820	49	31	1.5	195	270	85	0	78	13
Apple Cinnamon Oatmeal Ice Cream	85	Kids	210	12	8	0.0	45	80	23	0	20	3
Apple Cinnamon Oatmeal Ice Cream	142	Like It	350	20	13	0.5	80	135	39	1	33	6
Apple Cinnamon Oatmeal Ice Cream	227	Love It	550	32	20	1.0	125	220	62	1	53	9
Apple Cinnamon Oatmeal Ice Cream	340	Gotta Have It	830	48	30	1.5	190	330	93	1	79	14
Banana Ice Cream	85	Kids	190	11	7	0.0	45	60	21	0	19	3
Banana Ice Cream	142	Like It	320	19	12	0.0	75	105	36	0	31	5
Banana Ice Cream	227	Love It	510	30	19	1.0	120	170	57	1	50	8
Banana Ice Cream	340	Gotta Have It	760	45	29	1.0	180	250	86	1	75	12
Banana Bread Batter Ice Cream	85	Kids	220	10	6	0.0	35	135	28	0	21	2
Banana Bread Batter Ice Cream	142	Like It	360	17	11	0.0	60	220	47	0	34	4
Banana Bread Batter Ice Cream	227	Love It	580	28	17	1.0	100	350	75	1	55	6
Banana Bread Batter Ice Cream	340	Gotta Have It	860	42	26	1.0	150	530	112	1	82	9
Black Cherry Ice Cream	85	Kids	200	12	7	0.0	45	65	23	0	20	3
Black Cherry Ice Cream	142	Like It	330	19	12	0.5	75	110	38	0	33	5
Black Cherry Ice Cream	227	Love It	530	31	20	1.0	120	170	61	0	53	8
Black Cherry Ice Cream	340	Gotta Have It	800	46	29	1.0	185	260	91	1	79	12
Butter Pecan Ice Cream	85	Kids	200	12	8	0.0	50	70	22	0	20	3
Butter Pecan Ice Cream	142	Like It	340	20	13	0.5	80	115	37	0	34	5
Butter Pecan Ice Cream	227	Love It	540	32	20	1.0	125	190	59	0	54	8
Butter Pecan Ice Cream	340	Gotta Have It	810	48	31	1.5	190	280	89	0	81	13
Butterscotch Pudding Ice Cream	85	Kids	220	11	7	0.0	45	240	29	0	25	3
Butterscotch Pudding Ice Cream	142	Like It	360	18	11	0.0	70	400	49	0	42	5
Butterscotch Pudding Ice Cream	227	Love It	580	29	18	1.0	115	640	78	0	67	8
Butterscotch Pudding Ice Cream	340	Gotta Have It	870	43	27	1.0	170	960	116	0	100	11
Cake Batter Ice Cream®	85	Kids	220	12	7	0.0	45	105	27	0	22	3
Cake Batter Ice Cream	142	Like It	360	19	12	0.5	75	180	44	0	36	5
Cake Batter Ice Cream	227	Love It	580	31	19	1.0	120	280	71	0	58	9
Cake Batter Ice Cream	340	Gotta Have It	860	46	28	1.0	175	420	106	0	86	13
Cake Batter™ made with Moose Tracks® Fudge	85	Kids	240	13	7	0.0	40	105	28	1	22	2
Cake Batter made with Moose Tracks Fudge	142	Like It	390	22	12	0.5	65	170	47	1	37	4
Cake Batter made with Moose Tracks Fudge	227	Love It	630	35	19	1.0	105	280	75	1	60	7
Cake Batter made with Moose Tracks Fudge	340	Gotta Have It	950	52	28	1.5	160	420	112	2	90	10
Cake Batter Ganache™ Ice Cream	85	Kids	230	12	7	0.0	40	100	28	0	23	3
Cake Batter Ganache Ice Cream	142	Like It	390	22	12	0.0	70	170	47	1	38	5
Cake Batter Ganache Ice Cream	227	Love It	620	35	19	1.0	110	270	75	1	61	9
Cake Batter Ganache Ice Cream	340	Gotta Have It	930	52	29	1.0	165	400	112	2	91	13
Caramel Chocolate Cheesecake Ice Cream	85	Kids	210	12	7	0.0	40	115	23	0	20	3
Caramel Chocolate Cheesecake Ice Cream	142	Like It	340	19	12	0.0	70	190	39	0	34	5
Caramel Chocolate Cheesecake Ice Cream	227	Love It	550	31	20	1.0	110	300	63	0	54	8
Caramel Chocolate Cheesecake Ice Cream	340	Gotta Have It	820	46	30	1.0	165	460	94	0	81	12
Caramel Latte Ice Cream	85	Kids	210	12	7	0.0	45	75	25	0	21	3
Caramel Latte Ice Cream	142	Like It	350	19	12	0.5	75	125	41	0	35	5
Caramel Latte Ice Cream	227	Love It	560	31	20	1.0	120	200	66	0	56	8
Caramel Latte Ice Cream	340	Gotta Have It	830	47	29	1.0	185	300	99	0	84	13
Cheesecake Ice Cream	85	Kids	200	12	7	0.0	45	95	24	0	20	3
Cheesecake Ice Cream	142	Like It	340	19	12	0.0	75	160	40	0	33	5
Cheesecake Ice Cream	227	Love It	540	31	20	1.0	120	250	63	0	53	8
Cheesecake Ice Cream	340	Gotta Have It	810	47	29	1.0	185	380	95	0	80	12
Cherry Vanilla Ice Cream	85	Kids	200	11	7	0.0	45	65	23	0	20	3
Cherry Vanilla Ice Cream	142	Like It	330	19	12	0.0	75	105	38	0	33	5
Cherry Vanilla Ice Cream	227	Love It	530	30	19	1.0	120	170	61	0	53	8
Cherry Vanilla Ice Cream	340	Gotta Have It	800	45	28	1.0	180	250	92	1	79	12


Ice Cream and Sorbet / Other 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)	Protein (g)
Ice Cream												
Chocolate Ice Cream	85	Kids	200	12	8	0.0	45	60	20	0	19	3
Chocolate Ice Cream	142	Like It®	330	20	13	0.5	75	105	34	1	32	5
Chocolate Ice Cream	227	Love It®	520	31	21	1.0	120	170	54	2	51	9
Chocolate Ice Cream	340	Gotta Have It®	780	47	31	1.5	185	250	81	3	76	13
Chocolate Cake Batter Ice Cream®	85	Kids	210	11	7	0.0	40	105	26	0	21	3
Chocolate Cake Batter Ice Cream	142	Like It	350	18	12	0.0	70	180	44	0	36	5
Chocolate Cake Batter Ice Cream	227	Love It	570	29	19	1.0	110	280	70	0	57	9
Chocolate Cake Batter Ice Cream	340	Gotta Have It	850	43	28	1.0	160	420	105	0	85	13
Chocolate Cake Batter™ Ganache Ice Cream	85	Kids	230	12	7	0.0	40	100	28	0	23	3
Chocolate Cake Batter Ganache Ice Cream	142	Like It	380	21	12	0.0	65	170	46	1	38	5
Chocolate Cake Batter Ganache Ice Cream	227	Love It	610	33	19	0.5	100	270	74	1	60	9
Chocolate Cake Batter Ganache Ice Cream	340	Gotta Have It	920	49	28	1.0	150	410	111	2	90	13
Chocolate Cupcake Ice Cream	85	Kids	210	12	8	0.0	40	110	24	1	20	4
Chocolate Cupcake Ice Cream	142	Like It	350	20	13	0.0	65	180	40	1	34	6
Chocolate Cupcake Ice Cream	227	Love It	570	32	20	0.5	105	290	65	2	54	10
Chocolate Cupcake Ice Cream	340	Gotta Have It	850	49	30	1.0	160	440	97	3	80	15
Chocolate Dipped Strawberry Ice Cream	85	Kids	180	11	7	0.0	40	55	21	1	19	3
Chocolate Dipped Strawberry Ice Cream	142	Like It	310	18	12	0.0	70	95	35	1	31	6
Chocolate Dipped Strawberry Ice Cream	227	Love It	490	29	19	1.0	110	150	56	2	50	9
Chocolate Dipped Strawberry Ice Cream	340	Gotta Have It	740	43	29	1.0	165	230	83	2	75	14
Chocolate Hazelnut Ice Cream	85	Kids	220	13	8	0.0	40	60	23	0	21	3
Chocolate Hazelnut Ice Cream	142	Like It	360	22	13	0.0	70	100	38	0	36	6
Chocolate Hazelnut Ice Cream	227	Love It	580	35	21	1.0	110	160	61	0	57	9
Chocolate Hazelnut Ice Cream	340	Gotta Have It	870	52	32	1.0	170	240	92	1	85	14
Chocolate Layer Cake Ice Cream	85	Kids	210	11	7	0.0	45	120	24	0	20	4
Chocolate Layer Cake Ice Cream	142	Like It	350	19	12	0.0	70	200	39	1	33	6
Chocolate Layer Cake Ice Cream	227	Love It	560	30	19	0.5	115	330	63	1	53	9
Chocolate Layer Cake Ice Cream	340	Gotta Have It	830	46	28	1.0	170	490	94	1	80	14
Chocolate Malt Ice Cream	85	Kids	210	11	7	0.0	45	90	24	0	21	4
Chocolate Malt Ice Cream	142	Like It	360	19	12	0.0	70	150	41	0	35	7
Chocolate Malt Ice Cream	227	Love It	570	30	20	1.0	115	240	65	0	56	11
Chocolate Malt Ice Cream	340	Gotta Have It	850	46	30	1.0	175	360	97	0	84	17
Chocolate Peanut Butter Ice Cream	85	Kids	260	17	8	0.0	35	130	23	1	20	6
Chocolate Peanut Butter Ice Cream	142	Like It	430	28	13	0.0	55	220	38	1	33	10
Chocolate Peanut Butter Ice Cream	227	Love It	690	45	21	0.5	90	350	61	2	52	16
Chocolate Peanut Butter Ice Cream	340	Gotta Have It	1030	68	31	1.0	135	530	91	4	78	24
Chocolate Pudding Ice Cream	85	Kids	220	11	7	0.0	45	230	29	0	24	3
Chocolate Pudding Ice Cream	142	Like It	360	18	11	0.0	70	380	48	1	41	5
Chocolate Pudding Ice Cream	227	Love It	580	29	18	1.0	115	610	77	1	65	8
Chocolate Pudding Ice Cream	340	Gotta Have It	860	43	27	1.0	170	910	115	2	97	11
Chocolate Raspberry Truffle Ice Cream	85	Kids	200	10	7	0.0	35	85	26	0	23	3
Chocolate Raspberry Truffle Ice Cream	142	Like It	340	17	12	0.0	60	140	44	0	38	5
Chocolate Raspberry Truffle Ice Cream	227	Love It	550	27	19	0.5	100	230	70	1	61	8
Chocolate Raspberry Truffle Ice Cream	340	Gotta Have It	820	41	28	1.0	145	340	104	1	91	12
Cinnamon Ice Cream	85	Kids	200	12	8	0.0	50	70	22	0	19	3
Cinnamon Ice Cream	142	Like It	340	21	13	0.5	80	115	37	1	32	5
Cinnamon Ice Cream	227	Love It	540	33	21	1.0	130	180	59	1	52	9
Cinnamon Ice Cream	340	Gotta Have It	810	49	31	1.5	195	270	88	2	78	13
Cinnamon Bun Batter Ice Cream	85	Kids	220	11	6	0.0	40	110	31	1	23	3
Cinnamon Bun Batter Ice Cream	142	Like It	370	18	11	0.0	65	180	51	1	39	5
Cinnamon Bun Batter Ice Cream	227	Love It	590	28	17	0.5	105	290	82	2	62	8
Cinnamon Bun Batter Ice Cream	340	Gotta Have It	890	42	26	1.0	160	430	122	2	93	12


Ice Cream and Sorbet / Other 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)	Protein (g)
Ice Cream												
Circus Animal Cookies Ice Cream	85	Kids	230	13	9	0.0	40	140	29	0	22	3
Circus Animal Cookies Ice Cream	142	Like It®	390	21	14	0.0	70	240	48	0	37	5
Circus Animal Cookies Ice Cream	227	Love It®	630	34	23	0.5	110	390	77	0	60	9
Circus Animal Cookies Ice Cream	340	Gotta Have It®	940	51	34	1.0	160	580	115	0	90	13
Classic Cookie Dough Ice Cream	85	Kids	220	11	7	0.0	40	135	30	0	23	3
Classic Cookie Dough Ice Cream	142	Like It	370	18	11	0.0	70	220	50	0	38	6
Classic Cookie Dough Ice Cream	227	Love It	590	29	18	0.5	110	360	79	0	60	9
Classic Cookie Dough Ice Cream	340	Gotta Have It	890	43	27	1.0	165	540	119	0	90	13
Coconut Ice Cream	85	Kids	200	12	8	0.0	45	65	22	0	20	3
Coconut Ice Cream	142	Like It	340	20	13	0.5	80	110	37	0	34	5
Coconut Ice Cream	227	Love It	540	32	20	1.0	125	180	59	0	54	8
Coconut Ice Cream	340	Gotta Have It	800	48	30	1.5	190	270	88	0	80	13
Coffee Ice Cream	85	Kids	200	12	8	0.0	50	70	22	0	20	3
Coffee Ice Cream	142	Like It	340	21	13	0.5	80	115	36	0	33	6
Coffee Ice Cream	227	Love It	540	33	21	1.0	130	180	58	0	52	9
Coffee Ice Cream	340	Gotta Have It	810	49	31	1.5	195	270	87	0	78	13
Cookie Butter Ice Cream	85	Kids	240	16	8	0.0	45	60	24	0	20	3
Cookie Butter Ice Cream	142	Like It	410	26	14	0.5	70	100	41	0	34	5
Cookie Butter Ice Cream	227	Love It	650	42	22	1.0	115	160	65	0	55	9
Cookie Butter Ice Cream	340	Gotta Have It	980	63	32	1.5	170	240	98	0	82	13
Cotton Candy Ice Cream	85	Kids	200	12	8	0.0	50	65	22	0	19	3
Cotton Candy Ice Cream	142	Like It	340	20	13	0.5	80	110	37	0	32	5
Cotton Candy Ice Cream	227	Love It	540	33	21	1.0	130	180	59	0	51	9
Cotton Candy Ice Cream	340	Gotta Have It	810	49	31	1.5	190	270	88	0	77	13
Dark Chocolate Ice Cream	85	Kids	190	12	8	0.0	45	60	21	1	18	4
Dark Chocolate Ice Cream	142	Like It	310	19	13	0.5	75	100	35	2	31	7
Dark Chocolate Ice Cream	227	Love It	500	31	21	1.0	115	160	53	2	49	11
Dark Chocolate Ice Cream	340	Gotta Have It	750	47	31	1.5	175	240	84	4	74	16
Dark Chocolate Peppermint Ice Cream	85	Kids	190	12	8	0.0	45	60	21	1	18	4
Dark Chocolate Peppermint Ice Cream	142	Like It	320	19	13	0.5	75	100	36	2	31	7
Dark Chocolate Peppermint Ice Cream	227	Love It	510	31	21	1.0	115	160	57	3	49	11
Dark Chocolate Peppermint Ice Cream	340	Gotta Have It	760	46	31	1.0	175	240	86	4	73	16
Dulce De Leche Ice Cream	85	Kids	210	12	7	0.0	45	75	25	0	23	4
Dulce De Leche Ice Cream	142	Like It	360	19	12	0.0	75	125	42	0	39	6
Dulce De Leche Ice Cream	227	Love It	570	31	20	0.5	120	200	67	0	63	10
Dulce De Leche Ice Cream	340	Gotta Have It	850	46	29	1.0	180	300	101	0	94	15
Eggnog Ice Cream	85	Kids	160	10	6	0.0	50	60	17	0	15	3
Eggnog Ice Cream	142	Like It	270	16	10	0.0	85	100	28	0	26	6
Eggnog Ice Cream	227	Love It	430	25	16	0.5	130	160	45	0	41	9
Eggnog Ice Cream	340	Gotta Have It	640	38	24	1.0	200	240	67	0	62	14
French Vanilla Ice Cream	85	Kids	200	12	8	0.0	55	70	22	0	21	3
French Vanilla Ice Cream	142	Like It	340	20	13	0.5	95	115	38	0	34	5
French Vanilla Ice Cream	227	Love It	550	32	20	1.0	150	190	60	0	55	9
French Vanilla Ice Cream	340	Gotta Have It	820	49	30	1.5	225	280	90	0	82	13
Fudge Brownie Batter Ice Cream	85	Kids	220	12	7	0.0	40	100	27	0	23	3
Fudge Brownie Batter Ice Cream	142	Like It	370	19	12	0.0	65	170	45	1	38	6
Fudge Brownie Batter Ice Cream	227	Love It	590	31	19	0.5	105	270	71	1	61	9
Fudge Brownie Batter Ice Cream	340	Gotta Have It	880	46	28	1.0	160	410	107	2	91	14
Fudge Mint Cookie Ice Cream	85	Kids	210	12	8	0.0	40	55	23	0	20	3
Fudge Mint Cookie Ice Cream	142	Like It	360	21	14	0.5	70	95	39	0	34	5
Fudge Mint Cookie Ice Cream	227	Love It	570	33	22	1.0	115	150	62	1	54	9
Fudge Mint Cookie Ice Cream	340	Gotta Have It	860	50	33	1.0	170	230	93	1	81	13


Ice Cream and Sorbet / Other 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)	Protein (g)
Ice Cream												
Fudge Truffle Ice Cream	85	Kids	200	10	7	0.0	35	95	26	1	24	4
Fudge Truffle Ice Cream	142	Like It®	340	18	12	0.0	60	160	44	1	40	6
Fudge Truffle Ice Cream	227	Love It®	550	28	20	0.5	95	250	70	2	64	10
Fudge Truffle Ice Cream	340	Gotta Have It®	820	42	29	1.0	145	380	105	3	96	15
Ghirardelli® Chocolate Ice Cream	85	Kids	220	13	8	0.0	45	65	23	2	18	4
Ghirardelli Chocolate Ice Cream	142	Like It	370	22	13	0.5	75	110	39	4	30	7
Ghirardelli Chocolate Ice Cream	227	Love It	590	35	22	1.0	120	170	62	6	48	11
Ghirardelli Chocolate Ice Cream	340	Gotta Have It	880	52	32	1.0	180	260	93	9	73	17
Goopy Butter Cake Ice Cream	85	Kids	220	11	7	0.0	50	120	28	0	22	3
Goopy Butter Cake Ice Cream	142	Like It	360	18	11	0.0	80	200	47	0	37	5
Goopy Butter Cake Ice Cream	227	Love It	580	29	18	0.5	130	320	76	0	60	8
Goopy Butter Cake Ice Cream	340	Gotta Have It	870	43	27	1.0	195	490	114	4	89	12
Golden OREO® Cookie Ice Cream	85	Kids	220	13	8	0.0	45	105	25	0	21	3
Golden OREO Cookie Ice Cream	142	Like It	370	21	13	0.0	75	170	42	0	34	5
Golden OREO Cookie Ice Cream	227	Love It	590	34	20	1.0	120	280	67	0	55	9
Golden OREO Cookie Ice Cream	340	Gotta Have It	890	51	30	1.0	180	420	101	0	82	13
Irish Cream Ice Cream	85	Kids	200	12	8	0.0	50	70	21	0	19	3
Irish Cream Ice Cream	142	Like It	340	21	13	0.5	80	115	36	0	33	5
Irish Cream Ice Cream	227	Love It	540	33	21	1.0	130	180	57	0	52	9
Irish Cream Ice Cream	340	Gotta Have It	810	49	31	1.5	195	270	86	0	78	13
Key Lime Ice Cream	85	Kids	220	12	8	0.0	50	65	26	0	23	3
Key Lime Ice Cream	142	Like It	360	21	13	0.0	80	105	43	0	39	5
Key Lime Ice Cream	227	Love It	580	33	21	1.0	130	170	68	0	62	8
Key Lime Ice Cream	340	Gotta Have It	870	49	31	1.0	195	260	102	0	93	12
Mango Ice Cream	85	Kids	190	12	7	0.0	45	65	21	0	19	3
Mango Ice Cream	142	Like It	320	19	12	0.5	75	105	35	0	32	5
Mango Ice Cream	227	Love It	520	31	19	1.0	120	170	56	0	51	8
Mango Ice Cream	340	Gotta Have It	780	46	29	1.0	180	260	84	0	76	12
Marbled Cake Batter™ Ice Cream	85	Kids	210	12	7	0.0	45	80	23	0	20	3
Marbled Cake Batter Ice Cream	142	Like It	350	19	12	0.5	75	135	39	1	33	4
Marbled Cake Batter Ice Cream	227	Love It	560	31	19	1.0	120	220	62	1	53	7
Marbled Cake Batter Ice Cream	340	Gotta Have It	840	46	29	1.5	180	330	93	2	80	11
Marshmallow Ice Cream	85	Kids	210	11	7	0.0	45	75	26	0	19	3
Marshmallow Ice Cream	142	Like It	340	18	12	0.0	75	125	43	0	32	5
Marshmallow Ice Cream	227	Love It	550	30	19	1.0	115	200	68	0	51	8
Marshmallow Ice Cream	340	Gotta Have It	820	44	28	1.0	175	300	102	0	76	12
Milk & Cookies Ice Cream <small>made with Chips Ahoy!®</small>	85	Kids	220	13	8	0.0	45	90	25	0	20	3
Milk & Cookies Ice Cream <small>made with Chips Ahoy!</small>	142	Like It	370	22	13	0.0	75	150	41	0	34	6
Milk & Cookies Ice Cream <small>made with Chips Ahoy!</small>	227	Love It	600	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	53	31	1.0	180	360	98	0	81	14
Mint Ice Cream	85	Kids	200	12	8	0.0	45	65	23	0	20	3
Mint Ice Cream	142	Like It	340	20	13	0.5	80	110	38	0	33	5
Mint Ice Cream	227	Love It	550	33	20	1.0	125	180	60	0	53	8
Mint Ice Cream	340	Gotta Have It	820	49	30	1.5	190	270	91	0	79	13
Mocha Ice Cream	85	Kids	200	12	8	0.0	45	60	21	0	19	3
Mocha Ice Cream	142	Like It	330	20	13	0.5	75	105	34	0	31	6
Mocha Ice Cream	227	Love It	530	31	21	1.0	120	170	55	0	50	9
Mocha Ice Cream	340	Gotta Have It	790	47	31	1.5	180	250	82	0	75	13
Oatmeal Cookie Batter Ice Cream	85	Kids	210	12	8	0.0	45	85	23	0	20	3
Oatmeal Cookie Batter Ice Cream	142	Like It	350	20	13	0.5	80	140	39	0	33	6
Oatmeal Cookie Batter Ice Cream	227	Love It	550	32	20	1.0	125	220	62	1	53	9
Oatmeal Cookie Batter Ice Cream	340	Gotta Have It	830	48	30	1.5	190	330	93	1	79	14


Ice Cream and Sorbet / Other 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)	Protein (g)
Ice Cream												
Orange Dreamsicle Ice Cream	85	Kids	200	12	8	0.0	50	70	21	0	19	3
Orange Dreamsicle Ice Cream	142	Like It®	330	20	13	0.5	80	115	35	0	32	5
Orange Dreamsicle Ice Cream	227	Love It®	530	32	20	1.0	130	180	57	0	51	9
Orange Dreamsicle Ice Cream	340	Gotta Have It®	800	49	31	1.5	190	270	85	0	77	13
OREO® Crème Ice Cream	85	Kids	280	19	9	0.0	40	75	26	0	24	3
OREO Crème Ice Cream	142	Like It	460	31	15	0.0	65	125	43	0	40	4
OREO Crème Ice Cream	227	Love It	740	50	23	0.5	105	200	69	0	64	7
OREO Crème Ice Cream	340	Gotta Have It	1100	75	35	1.0	155	300	103	0	96	10
Peach Ice Cream	85	Kids	200	11	7	0.0	45	70	24	0	22	3
Peach Ice Cream	142	Like It	340	19	12	0.5	75	115	40	0	37	5
Peach Ice Cream	227	Love It	540	31	19	1.0	120	190	64	0	59	8
Peach Ice Cream	340	Gotta Have It	810	46	29	1.0	180	280	96	0	88	12
Peanut Butter Ice Cream	85	Kids	230	15	8	0.0	45	90	21	0	19	5
Peanut Butter Ice Cream	142	Like It	380	25	13	0.5	75	150	36	1	31	8
Peanut Butter Ice Cream	227	Love It	610	40	21	1.0	120	250	57	1	50	12
Peanut Butter Ice Cream	340	Gotta Have It	910	60	32	1.0	180	370	85	1	75	18
Peanut Butter Cookie Dough Ice Cream	85	Kids	230	13	7	0.0	40	160	27	0	21	4
Peanut Butter Cookie Dough Ice Cream	142	Like It	380	21	12	0.0	70	270	45	0	35	7
Peanut Butter Cookie Dough Ice Cream	227	Love It	610	34	19	1.0	110	430	73	1	57	11
Peanut Butter Cookie Dough Ice Cream	340	Gotta Have It	920	51	28	1.0	165	650	109	1	85	16
Peanut Butter & Jelly Ice Cream	85	Kids	230	14	7	0.0	40	100	26	0	22	4
Peanut Butter & Jelly Ice Cream	142	Like It	390	23	12	1.0	65	170	44	0	37	7
Peanut Butter & Jelly Ice Cream	227	Love It	630	36	19	2.0	105	270	71	1	59	11
Peanut Butter & Jelly Ice Cream	340	Gotta Have It	940	55	28	2.5	155	400	106	1	88	16
Peppermint Mocha Ice Cream	85	Kids	200	12	8	0.0	45	60	21	0	19	3
Peppermint Mocha Ice Cream	142	Like It	330	19	13	0.5	75	100	35	0	31	5
Peppermint Mocha Ice Cream	227	Love It	530	31	21	1.0	120	160	56	0	50	9
Peppermint Mocha Ice Cream	340	Gotta Have It	790	46	31	1.5	180	250	84	0	75	13
Pina Colada Ice Cream	85	Kids	170	10	6	0.0	40	55	20	0	19	3
Pina Colada Ice Cream	142	Like It	290	16	10	0.0	65	90	34	0	32	4
Pina Colada Ice Cream	227	Love It	460	25	16	0.5	100	140	55	0	50	7
Pina Colada Ice Cream	340	Gotta Have It	690	38	24	1.0	150	220	82	0	75	10
Pineapple Upside Down Cake Ice Cream	85	Kids	200	11	7	0.5	40	95	25	0	20	3
Pineapple Upside Down Cake Ice Cream	142	Like It	340	18	11	1.0	65	160	41	0	33	5
Pineapple Upside Down Cake Ice Cream	227	Love It	540	29	17	2.0	105	260	66	1	53	8
Pineapple Upside Down Cake Ice Cream	340	Gotta Have It	810	44	26	2.5	155	390	99	1	79	12
Pistachio Ice Cream	85	Kids	200	12	8	0.0	50	70	22	0	20	3
Pistachio Ice Cream	142	Like It	340	21	13	0.5	80	115	36	0	33	5
Pistachio Ice Cream	227	Love It	540	33	21	1.0	130	180	57	0	52	9
Pistachio Ice Cream	340	Gotta Have It	810	49	31	1.5	195	270	86	0	78	13
Pistachio Pudding Ice Cream	85	Kids	220	11	7	0.0	45	170	29	0	25	3
Pistachio Pudding Ice Cream	142	Like It	370	19	11	0.0	70	280	48	0	42	5
Pistachio Pudding Ice Cream	227	Love It	590	30	18	1.0	115	450	77	0	66	8
Pistachio Pudding Ice Cream	340	Gotta Have It	880	45	27	1.0	170	670	116	0	99	11
Pumpkin Bread Batter Ice Cream	85	Kids	210	11	7	0.0	45	55	26	0	21	2
Pumpkin Bread Batter Ice Cream	142	Like It	360	18	11	0.5	75	90	44	0	36	4
Pumpkin Bread Batter Ice Cream	227	Love It	570	29	18	1.0	120	140	70	0	57	6
Pumpkin Bread Batter Ice Cream	340	Gotta Have It	860	44	27	1.5	175	220	105	1	86	9
Pumpkin Ice Cream	85	Kids	170	9	6	0.0	35	80	21	0	19	2
Pumpkin Ice Cream	142	Like It	290	16	10	0.0	60	135	35	0	32	4
Pumpkin Ice Cream	227	Love It	460	25	16	0.5	100	220	56	1	51	7
Pumpkin Ice Cream	340	Gotta Have It	690	37	24	1.0	150	320	84	1	76	10

Ice Cream and Sorbet / Other 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)	Protein (g)
Ice Cream												
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	12	7	0.0	45	70	24	0	20	3
Raspberry Ice Cream	142	Like It	340	19	12	0.5	75	115	39	0	33	5
Raspberry Ice Cream	227	Love It	540	31	20	1.0	120	180	63	0	53	8
Raspberry Ice Cream	340	Gotta Have It	810	46	29	1.0	185	270	94	0	79	12
Red Velvet Cake Ice Cream	85	Kids	220	12	7	0.0	45	150	26	0	21	4
Red Velvet Cake Ice Cream	142	Like It	360	19	11	0.0	75	250	44	0	35	6
Red Velvet Cake Ice Cream	227	Love It	580	31	18	0.5	120	390	70	1	55	10
Red Velvet Cake Ice Cream	340	Gotta Have It	870	46	27	1.0	175	590	105	1	83	15
Reese's Peanut Butter Cup Ice Cream	85	Kids	230	15	8	0.0	40	105	21	0	19	4
Reese's Peanut Butter Cup Ice Cream	142	Like It	380	24	13	0.0	70	180	35	0	32	7
Reese's Peanut Butter Cup Ice Cream	227	Love It	600	39	21	1.0	110	280	56	1	51	11
Reese's Peanut Butter Cup Ice Cream	340	Gotta Have It	900	58	32	1.0	165	420	84	1	76	17
Rum Raisin Ice Cream	85	Kids	200	12	8	0.0	50	70	22	0	20	3
Rum Raisin Ice Cream	142	Like It	340	20	13	0.5	80	115	37	0	33	5
Rum Raisin Ice Cream	227	Love It	540	33	21	1.0	130	180	58	0	53	9
Rum Raisin Ice Cream	340	Gotta Have It	810	49	31	1.5	195	270	87	0	79	13
Salted Caramel Ice Cream	85	Kids	210	11	7	0.0	50	170	26	0	22	3
Salted Caramel Ice Cream	142	Like It	350	19	12	0.0	85	290	43	0	36	5
Salted Caramel Ice Cream	227	Love It	560	30	19	1.0	135	460	68	0	58	8
Salted Caramel Ice Cream	340	Gotta Have It	840	45	28	1.0	200	690	102	0	87	12
Salted Chocolate Caramel Ice Cream	85	Kids	230	14	8	0.0	40	150	26	0	22	3
Salted Chocolate Caramel Ice Cream	142	Like It	390	23	13	0.0	70	250	43	1	37	5
Salted Chocolate Caramel Ice Cream	227	Love It	620	37	20	1.0	115	400	69	1	60	8
Salted Chocolate Caramel Ice Cream	340	Gotta Have It	930	56	31	1.0	170	600	103	2	89	13
Sea Salt Fudge Ice Cream	85	Kids	200	11	0	8.0	45	210	22	0	20	3
Sea Salt Fudge Ice Cream	142	Like It	330	19	13	0.0	70	350	36	0	34	5
Sea Salt Fudge Ice Cream	227	Love It	530	30	21	1.0	115	550	58	0	54	9
Sea Salt Fudge Ice Cream	340	Gotta Have It	790	46	31	1.5	175	830	87	0	81	13
Sea Salt Sweet Cream Ice Cream	85	Kids	200	12	8	0.0	50	180	22	0	20	3
Sea Salt Sweet Cream Ice Cream	142	Like It	340	21	13	0.5	80	310	36	0	33	5
Sea Salt Sweet Cream Ice Cream	227	Love It	540	33	21	1.0	130	490	57	0	52	9
Sea Salt Sweet Cream Ice Cream	340	Gotta Have It	810	50	31	1.5	195	730	86	0	78	13
Sea Salt Vanilla Bean Ice Cream	85	Kids	190	12	8	0.0	30	200	20	0	19	2
Sea Salt Vanilla Bean Ice Cream	142	Like It	310	20	13	0.0	50	340	33	0	32	4
Sea Salt Vanilla Bean Ice Cream	227	Love It	500	31	21	1.0	80	540	52	0	51	7
Sea Salt Vanilla Bean Ice Cream	340	Gotta Have It	750	47	31	0.0	120	810	78	1	76	10
Strawberry Ice Cream	85	Kids	200	11	7	0.0	45	65	22	0	20	3
Strawberry Ice Cream	142	Like It	330	19	12	0.5	75	105	37	0	34	5
Strawberry Ice Cream	227	Love It	520	31	19	1.0	120	170	59	0	54	8
Strawberry Ice Cream	340	Gotta Have It	790	46	29	1.0	180	250	89	0	80	12
Strawberry Cake Batter Ice Cream®	85	Kids	210	10	6	0.0	40	90	26	0	21	2
Strawberry Cake Batter Ice Cream	142	Like It	350	17	11	0.5	70	150	44	0	35	4
Strawberry Cake Batter Ice Cream	227	Love It	560	28	17	1.0	110	240	70	0	57	6
Strawberry Cake Batter Ice Cream	340	Gotta Have It	840	42	26	1.5	165	360	105	0	85	9
Strawberry Cheesecake Ice Cream	85	Kids	200	11	7	0.0	45	85	24	0	20	3
Strawberry Cheesecake Ice Cream	142	Like It	330	18	12	0.0	70	140	40	0	34	5
Strawberry Cheesecake Ice Cream	227	Love It	530	29	18	0.5	115	230	64	0	54	8
Strawberry Cheesecake Ice Cream	340	Gotta Have It	790	44	28	1.0	170	340	95	0	81	11

Ice Cream and Sorbet / Other 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)	Protein (g)
Ice Cream												
Strawberry Shortcake Ice Cream	85	Kids	210	12	7	0.0	40	110	25	0	21	3
Strawberry Shortcake Ice Cream	142	Like It®	350	19	12	0.0	70	190	42	0	35	5
Strawberry Shortcake Ice Cream	227	Love It®	560	31	19	0.5	115	300	67	0	56	8
Strawberry Shortcake Ice Cream	340	Gotta Have It®	840	47	29	1.0	170	440	100	1	84	13
Sweet Cream Ice Cream	85	Kids	200	12	8	0.0	50	70	22	0	20	3
Sweet Cream Ice Cream	142	Like It	340	21	13	0.5	80	115	36	0	33	5
Sweet Cream Ice Cream	227	Love It	540	33	21	1.0	130	180	58	0	52	9
Sweet Cream Ice Cream	340	Gotta Have It	810	50	31	1.5	195	270	86	0	78	13
Vanilla Bean Ice Cream	85	Kids	200	12	8	0.0	50	90	21	0	19	3
Vanilla Bean Ice Cream	142	Like It	340	20	13	0.5	80	150	35	0	32	5
Vanilla Bean Ice Cream	227	Love It	540	32	20	1.0	125	240	56	0	51	8
Vanilla Bean Ice Cream	340	Gotta Have It	810	48	31	1.5	190	360	84	0	76	13
Vanilla Lite™ No Sugar Added Ice Cream	85	Kids	120	3.5	2	0.0	15	90	24	0	6	4
Vanilla Lite No Sugar Added Ice Cream	142	Like it	200	6	3.5	0.0	25	150	40	0	10	6
Vanilla Lite No Sugar Added Ice Cream	227	Love it	330	10	6	0.0	40	240	63	0	15	10
Vanilla Lite No Sugar Added Ice Cream	340	Gotta Have It	490	14	9	0.0	60	360	95	0	23	14

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 and Sorbet / Other 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)	Protein (g)
Sorbet												
Countrytime® Pink Lemonade Sorbet	85	Kids	140	0	0	0.0	0	15	36	0	36	0
Countrytime Pink Lemonade Sorbet	142	Like It®	240	0	0	0.0	0	25	60	0	60	0
Countrytime Pink Lemonade Sorbet	227	Love It®	380	0	0	0.0	0	40	96	0	96	0
Countrytime Pink Lemonade Sorbet	340	Gotta Have It®	570	0	0	0.0	0	60	145	0	144	0
Lemon Sorbet	85	Kids	130	0	0	0.0	0	10	34	0	34	0
Lemon Sorbet	142	Like It	220	0	0	0.0	0	15	57	0	56	0
Lemon Sorbet	227	Love It	360	0	0	0.0	0	25	90	0	90	0
Lemon Sorbet	340	Gotta Have It	540	0	0	0.0	0	40	135	0	134	0
Mojito Sorbet	85	Kids	150	1	0	0.0	0	10	36	0	36	0
Mojito Sorbet	142	Like It	250	1.5	1	0.0	0	15	61	0	60	0
Mojito Sorbet	227	Love It	410	2.5	1.5	0.0	0	25	97	0	95	0
Mojito Sorbet	340	Gotta Have It	610	3.5	2	0.0	0	35	146	0	143	0
Orange Sorbet	85	Kids	130	0	0	0.0	0	10	33	0	32	0
Orange Sorbet	142	Like It	220	0	0	0.0	0	20	55	0	54	0
Orange Sorbet	227	Love It	350	0	0	0.0	0	30	87	0	86	0
Orange Sorbet	340	Gotta Have It	520	0	0	0.0	0	45	131	0	129	0
Peach Mango Sorbet	85	Kids	140	0	0	0.0	0	15	35	0	35	0
Peach Mango Sorbet	142	Like It	230	0	0	0.0	0	25	59	0	58	0
Peach Mango Sorbet	227	Love It	370	0	0	0.0	0	35	94	0	93	0
Peach Mango Sorbet	340	Gotta Have It	560	0	0	0.0	0	55	141	0	139	0
Pineapple Sorbet	85	Kids	120	0	0	0.0	0	10	30	0	30	0
Pineapple Sorbet	142	Like It	200	0	0	0.0	0	15	50	0	49	0
Pineapple Sorbet	227	Love It	320	0	0	0.0	0	20	79	0	79	0
Pineapple Sorbet	340	Gotta Have It	470	0	0	0.0	0	30	119	0	118	0
Pineapple Orange Banana Sorbet	85	Kids	130	0	0	0.0	0	10	32	0	31	0
Pineapple Orange Banana Sorbet	142	Like It	210	0	0	0.0	0	15	53	0	52	0
Pineapple Orange Banana Sorbet	227	Love It	340	0	0	0.0	0	20	84	1	82	1
Pineapple Orange Banana Sorbet	340	Gotta Have It	500	0	0	0.0	0	30	126	1	123	1
Raspberry Sorbet	85	Kids	130	0	0	0.0	0	10	33	0	33	0
Raspberry Sorbet	142	Like It	220	0	0	0.0	0	15	56	0	55	0
Raspberry Sorbet	227	Love It	350	0	0	0.0	0	25	89	0	88	0
Raspberry Sorbet	340	Gotta Have It	530	0	0	0.0	0	40	134	0	131	0
Strawberry Sorbet	85	Kids	130	0	0	0.0	0	10	34	0	33	0
Strawberry Sorbet	142	Like It	220	0	0	0.0	0	15	56	0	56	0
Strawberry Sorbet	227	Love It	360	0	0	0.0	0	25	90	0	89	0
Strawberry Sorbet	340	Gotta Have It	540	0	0	0.0	0	35	135	0	134	0
Strawberry Lemonade Sorbet	85	Kids	130	0	0	0.0	0	10	34	0	33	0
Strawberry Lemonade Sorbet	142	Like It	220	0	0	0.0	0	15	56	0	55	0
Strawberry Lemonade Sorbet	227	Love It	360	0	0	0.0	0	25	90	0	88	0
Strawberry Lemonade Sorbet	340	Gotta Have It	530	0	0	0.0	0	35	135	0	132	0
Strawberry Mango Banana Sorbet	85	Kids	130	0	0	0.0	0	10	32	0	32	0
Strawberry Mango Banana Sorbet	142	Like It	210	0	0	0.0	0	15	54	0	53	0
Strawberry Mango Banana Sorbet	227	Love It	340	0	0	0.0	0	20	87	0	85	0
Strawberry Mango Banana Sorbet	340	Gotta Have It	510	0	0	0.0	0	35	130	1	127	0
Watermelon Sorbet	85	Kids	130	0	0	0.0	0	10	34	0	33	0
Watermelon Sorbet	142	Like It®	230	0	0	0.0	0	15	57	0	56	0
Watermelon Sorbet	227	Love It®	360	0	0	0.0	0	25	91	0	89	0
Watermelon Sorbet	340	Gotta Have It®	540	0	0	0.0	0	40	136	0	133	0
Other												
Silk® Chocolate Almondmilk	85	Kids	170	8	6	0.0	0	70	25	1	18	1
Silk Chocolate Almondmilk	142	Like It	280	13	10	0.0	0	115	41	1	30	1
Silk Chocolate Almondmilk	227	Love It	450	21	16	0.0	0	190	66	2	47	2
Silk Chocolate Almondmilk	340	Gotta Have It	680	31	25	0.0	0	280	99	3	71	3