



# Mix-ins and Waffle Products Nutritional Information

	Serving weight (g)	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)
<b>Candy</b>											
Almond Joy®	23	110	7	4	0	0	25	13	1	10	1
Butterfinger®	36	170	7	3.5	0	0	85	26	1	17	2
Chocolate Chips	19	90	5	3.5	0	0	0	12	1	11	1
Chocolate Shavings	16	80	5	3.5	0	0	0	8	1	7	1
Ghirardelli® Caramel Square	15	70	4	2.5	0	5	20	9	0	8	1
Gumballs	28	100	0	0	0	0	0	24	0	20	0
Gummy Bears	22	70	0	0	0	0	15	16	0	12	2
Heath® Bar	20	110	7	3.5	0	5	70	12	1	12	1
KIT KAT®	22	110	6	4	0	0	10	14	0	11	1
M&M'S®	22	110	4.5	3	0	0	15	16	0	14	1
Nestle® Crunch Bar®	22	110	6	3.5	0	5	35	15	0	12	1
Peanut M&M'S®	20	100	5	2	0	0	10	12	1	10	2
Reese's® Peanut Butter Cups®	32	160	10	3.5	0	0	115	18	1	15	3
Reese's® Pieces	19	100	4.5	4	0	0	20	12	0	10	2
Snickers®	52	250	12	4.5	0	5	125	31	1	27	4
TWIX®	26	130	6	3.5	0	5	50	17	1	12	1
White Chocolate Chips	22	120	6	5	0	0	50	13	0	13	1
Whoppers®	20	90	3.5	3.5	0	0	55	15	0	13	0
YORK® Peppermint Patties	34	120	2.5	1.5	0	0	10	27	1	22	1
<b>Other Mix-ins</b>											
Brownies	47	190	7	2	0	10	160	30	1	19	2
Cheesecake Bites	16	60	3.5	2	0	15	45	5	0	3	1
Chocolate Chip Cookie	14 (1/2 cookie)	70	2.5	1.5	0	5	85	10	1	6	1
Chocolate Sprinkles	17	80	3	2.5	0	0	0	13	0	8	0
Chunky CHIPS AHOY!® Cookie	32 (2 cookies)	160	8	3	0	0	110	20	0	10	2
Mother's® Circus Animal Cookies	17 (4 cookies)	90	4.5	4	0	0	30	11	0	7	1
Coconut	12	60	4.5	4	0	0	30	6	1	5	0
Cookie Dough - RTE	38	160	6	3	0	0	170	25	1	13	1
Devil's Food Cake	26	80	3	1	0	10	135	13	0	8	2
Dipped Dough	43	190	8	5	0	0	180	28	1	16	1
GOLDEN OREO® Cookies	23 (2 cookies)	110	4.5	1.5	0	0	80	17	0	8	1
Graham Cracker Pie Crust	16	70	3.5	0.5	1.5	0	80	10	0	4	1
Granola	14	50	1	0	0	0	35	11	1	4	1
Marshmallows	14	50	0	0	0	0	20	12	0	8	0
Nilla® Wafers	8 (2 wafers)	35	1.5	0	0	0	30	5	0	3	0
OREO Cookies	23 (2 cookies)	110	4.5	1.5	0	0	90	17	0	9	1
OREO Pie Crust	16	80	4	1.5	0	0	70	11	0	5	1
Peanut Butter	24	140	12	2.5	0	0	100	5	1	3	5
Pretzels	8	30	0	0	0	0	170	7	0	0	1
Rainbow Sprinkles	17	80	3	2.5	0	0	0	13	0	8	0
Red Velvet Cake	26	80	2.5	0.5	0	10	130	13	0	8	2
Sugar Crystals	12	50	0	0	0	0	0	12	0	12	0
Toasted Coconut	12	70	6	5	0	0	0	5	1	4	1
Yellow Cake	26	80	2.5	0.5	0	10	135	14	0	9	1

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<b>Fruit</b>											
Apple Pie Filling	36	35	0	0	0	0	10	9	0	8	0
Bananas	59	50	0	0	0	0	0	13	2	7	1
Blackberries	28	20	0	0	0	0	0	4	1	3	0
Black Cherries	28	50	0	0	0	0	0	13	1	8	0
Blueberries	25	15	0	0	0	0	0	3	1	2	0
Cherry Pie Filling	36	35	0	0	0	0	10	8	0	6	0
Maraschino Cherries	5	10	0	0	0	0	0	2	0	2	0
Peach Pie Filling	36	35	0	0	0	0	5	8	0	6	0
Pineapple Tidbits	34	20	0	0	0	0	0	4	0	4	0
Raisins	21	60	0	0	0	0	0	17	1	13	1
Raspberries	38	15	0	0	0	0	0	4	1	2	1
Strawberries	39	15	0	0	0	0	0	4	1	2	0
<b>Nuts</b>											
Cashews, salted	11	60	5	1	0	0	45	4	0	0	2
Macadamia	14	100	11	2	0	0	0	2	1	1	1
Peanuts	14	80	7	1	0	0	0	3	1	1	4
Pecans, salted	14	100	10	1	0	0	55	2	1	1	1
Pistachios	14	80	7	1	0	0	55	4	2	1	3
Roasted Almonds, salted	14	80	7	0.5	0	0	55	3	2	1	3
Sliced Almonds	14	90	8	0.5	0	0	0	3	2	1	3
Walnuts	14	100	10	1	0	0	55	2	1	1	2
<b>Toppings</b>											
Caramel	18	60	0.5	0	0	0	30	12	0	8	0
Cinnamon	1	0	0	0	0	0	0	1	1	0	0
Frosting (White Bettercreme®)	12	45	3	3	0	0	10	5	0	4	0
Fudge	20	60	1.5	1.5	0	0	55	11	0	10	1
Honey	18	50	0	0	0	0	0	15	0	15	0
Marshmallow Crème	20	70	0	0	0	0	15	17	0	12	0
Nutella®	24	130	8	2.5	0	0	10	14	1	13	1
Reese's Peanut Butter Sauce	19	120	11	2	0	0	85	3	1	2	4
Rich's® On Top® Whipped Topping	12	40	3	3	0	0	0	3	0	3	0
<b>Waffle Products</b>											
Cake Cone	6	25	0	0	0	0	15	5	0	0	0
Dipped Sprinkled Waffle Cone or Bowl	87	350	17	15	0	5	50	49	2	34	2
Dipped Waffle Cone or Bowl	79	310	15	13	0	5	45	43	2	30	2
Sugar Cone	13	50	0	0	0	0	20	12	0	3	0
Waffle Chips - Dipped	119	470	23	20	0	10	70	64	3	45	3
Waffle Chips - Plain	65	160	3	1	0	10	60	31	0	14	2
Waffle Chips - Variety	92	320	12	10	0	10	65	48	1	29	3
Waffle Cone or Bowl	43	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 calorie needs vary.

The Nutritional Information Cold Stone Creamery® has provided is based on standard product formulations. Product variations may occur based on regional differences, ingredient substitutions, seasonal conditions, differences in product production at the store and suppliers. Some items listed may not be available in all stores. This list may not include test products, limited time offers, custom orders, self-service orders and regional menu variations.

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