

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
	142	Like It®	340	20	12	0.5	80	100	36	0	31	24	4
	227	Love It®	540	32	20	1.0	130	160	57	0	50	38	6
	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
	142	Like It	350	20	12	0.5	80	115	38	0	32	24	4
	227	Love It	550	31	19	1.0	125	190	61	0	51	38	7
	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
	142	Like It	320	18	11	0.5	75	90	35	0	30	22	4
	227	Love It	510	29	18	1.0	120	150	56	1	48	35	6
	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
	142	Like It	360	17	11	0.0	60	220	47	0	34	27	4
	227	Love It	580	28	17	1.0	100	350	75	1	55	43	6
	340	Gotta Have It	860	42	26	1.0	150	530	112	1	82	65	9
Birthday Cake OREO® Cookie Ice Cream	85	Kids	230	12	7	0.0	40	110	29	0	22	18	2
	142	Like It	390	20	11	0.5	70	180	48	0	37	31	4
	227	Love It	620	32	18	1.0	110	290	77	1	59	49	6
	340	Gotta Have It	920	48	27	1.5	165	440	115	1	89	74	9
Black Cherry Ice Cream	85	Kids	200	11	7	0.0	45	55	23	0	20	16	2
	142	Like It	340	19	12	0.5	75	95	38	0	34	27	4
	227	Love It	540	30	19	1.0	120	150	60	0	54	43	6
	340	Gotta Have It	810	45	28	1.5	185	230	91	0	81	65	8
Boo Batter Ice Cream	85	Kids	220	11	7	0.0	45	95	26	0	21	17	2
	142	Like It	360	19	11	0.5	75	160	44	0	35	28	4
	227	Love It	570	30	18	1.0	115	260	70	0	56	45	6
	340	Gotta Have It	860	45	27	1.5	175	390	15	0	83	67	9
Butter Pecan Ice Cream	85	Kids	200	12	7	0.0	50	150	22	0	19	15	2
	142	Like It	340	20	12	0.5	80	250	37	0	32	25	4
	227	Love It	540	31	20	1.0	125	400	59	0	51	39	6
	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
	142	Like It	360	17	11	0.5	70	180	49	0	41	34	3
	227	Love It	580	28	17	1.0	115	290	78	0	65	55	5
	340	Gotta Have It	870	42	26	1.5	170	430	116	0	98	82	8
Cake Batter Ganache™ Ice Cream	85	Kids	240	13	7	0.0	40	95	27	0	22	18	2
	142	Like It	390	22	12	0.5	70	160	46	1	37	30	4
	227	Love It	630	34	19	1.0	110	250	73	1	59	49	6
	340	Gotta Have It	940	52	28	1.5	165	370	110	1	88	73	9
Cake Batter Ice Cream®	85	Kids	220	11	7	0.0	45	95	26	0	21	17	2
	142	Like It	360	19	11	0.5	75	160	43	0	35	28	4
	227	Love It	580	30	18	1.0	120	260	70	0	56	45	6
	340	Gotta Have It	860	45	27	1.5	175	390	104	0	83	67	9
Caramel Cardamom Ice Cream	85	Kids	210	11	7	0.0	45	70	26	0	21	17	2
	142	Like It	350	18	12	0.5	75	120	43	0	35	28	4
	227	Love It	560	29	18	1.0	120	190	68	0	56	45	6
	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
	142	Like It	350	20	12	0.5	70	190	39	1	33	27	5
	227	Love It	570	32	19	1.0	110	310	63	2	53	42	8
	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
	142	Like It	350	19	12	0.5	75	115	40	0	34	27	4
	227	Love It	560	30	19	1.0	120	180	65	0	54	43	6
	340	Gotta Have It	840	45	28	1.5	180	270	97	0	81	64	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													
Caramel Truffle Ice Cream	85	Kids	230	13	7	0.0	35	75	27	1	22	19	3
	142	Like It®	390	21	12	0.5	60	120	45	2	38	31	5
	227	Love It®	620	34	19	1.0	100	190	72	2	60	50	8
	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
	142	Like It	310	20	13	0.5	75	100	41	0	36	29	4
	227	Love It	500	33	21	1.0	120	160	66	1	57	46	6
	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
	142	Like It	340	19	12	0.5	75	140	39	0	32	25	4
	227	Love It	540	30	19	1.0	120	230	62	0	51	40	6
	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
	142	Like It	340	18	11	0.5	75	95	38	0	34	27	3
	227	Love It	540	29	18	1.0	120	150	61	0	55	44	6
	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
	142	Like It	340	20	13	0.5	75	105	34	1	31	24	5
	227	Love It	540	32	20	1.0	120	170	54	2	50	38	8
	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
	142	Like It	360	19	11	0.5	65	180	44	1	35	29	5
	227	Love It	580	30	18	1.0	105	290	70	2	57	46	8
	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
	142	Like It	400	21	11	0.5	60	170	46	2	37	31	5
	227	Love It	630	34	18	1.0	100	270	74	3	59	50	8
	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	120	24	1	20	16	3
	142	Like It	360	20	12	0.5	65	200	40	2	33	27	5
	227	Love It	580	33	19	1.0	105	320	64	3	53	43	9
	340	Gotta Have It	870	49	29	1.0	160	480	96	5	79	65	13
Chocolate Dipped Strawberry Ice Cream	85	Kids	220	13	7	0.0	40	55	24	0	21	17	2
	142	Like It	360	21	12	0.5	70	90	39	1	35	28	3
	227	Love It	580	34	18	1.0	110	140	63	1	55	45	6
	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
	142	Like It	370	22	13	0.5	70	105	38	1	35	28	5
	227	Love It	600	35	20	1.0	110	160	61	2	57	44	8
	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
	142	Like It	360	19	11	0.5	75	200	41	0	33	27	4
	227	Love It	570	31	18	1.0	120	310	65	0	53	42	7
	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
	142	Like It	370	19	12	0.5	70	170	41	1	36	30	6
	227	Love It	580	30	19	1.0	110	270	66	2	58	47	9
	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
	142	Like It	440	29	13	0.0	55	220	38	2	32	25	10
	227	Love It	700	46	20	1.0	90	340	61	3	52	40	16
	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
	142	Like It	360	17	11	0.5	70	170	47	0	39	32	3
	227	Love It	580	28	17	1.0	115	270	75	0	62	51	5
	340	Gotta Have It	870	42	26	1.5	170	410	113	0	92	77	8

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Ice Cream													
Chocolate Raspberry Truffle Ice Cream	85	Kids	210	10	7	0.0	35	75	25	1	23	18	3
	142	Like It®	350	17	11	0.5	60	130	42	1	38	30	5
	227	Love It®	550	28	18	1.0	95	210	67	2	61	49	8
	340	Gotta Have It®	830	42	27	1.0	145	310	101	3	91	73	12
Churro Ice Cream	85	Kids	220	11	7	0.0	40	95	28	0	23	19	2
	142	Like It	370	18	11	0.5	70	160	47	0	38	32	4
	227	Love It	590	29	18	1.0	115	250	75	1	61	51	6
	340	Gotta Have It	880	43	26	1.5	170	370	113	1	92	76	9
Cinnamon Ice Cream	85	Kids	200	12	7	0.0	50	60	22	0	19	14	2
	142	Like It	340	20	12	0.5	80	100	36	1	31	24	4
	227	Love It	540	32	20	1.0	130	160	57	1	50	38	6
	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
	142	Like It	370	17	11	0.5	65	170	50	1	37	31	4
	227	Love It	590	28	17	1.0	105	270	80	1	60	50	6
	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
	142	Like It	390	21	14	0.5	70	230	48	0	37	31	4
	227	Love It	630	33	22	1.0	110	370	76	0	59	49	6
	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
	142	Like It	370	17	11	0.5	70	220	49	0	37	31	4
	227	Love It	590	28	17	1.0	110	350	78	0	60	50	6
	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
	142	Like It	340	19	12	0.5	80	100	36	0	32	25	4
	227	Love It	540	31	19	1.0	125	160	57	0	52	40	6
	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
	142	Like It	340	20	13	0.5	80	100	36	0	31	24	4
	227	Love It	540	32	20	1.0	130	160	57	0	50	38	6
	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
	142	Like It	410	26	13	0.5	70	85	40	0	33	27	4
	227	Love It	650	41	21	1.0	115	140	64	0	53	42	6
	340	Gotta Have It	980	61	32	2.0	175	210	96	1	79	64	9
Cookies 'n' Peanut Butter Ice Cream made with OREO® and REESE'S	85	Kids	230	13	7	0.0	45	90	25	0	20	16	3
	142	Like It	380	22	12	0.5	70	150	41	0	33	27	4
	227	Love It	610	36	19	1.0	115	230	66	1	54	43	7
	340	Gotta Have It	910	53	29	1.5	175	350	99	1	80	64	10
Cotton Candy Ice Cream	85	Kids	200	12	7	0.0	50	60	21	0	18	14	2
	142	Like It	330	20	12	0.5	80	100	35	0	31	23	4
	227	Love It	540	31	20	1.0	130	160	56	0	49	37	6
	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	100	21	2	18	14	4
	142	Like It	340	20	12	0.5	70	170	35	3	30	23	6
	227	Love It	540	32	20	1.0	115	270	57	5	48	37	10
	340	Gotta Have It	810	48	30	1.5	175	400	85	7	72	55	15
Dark Chocolate Peppermint Ice Cream	85	Kids	200	12	7	0.0	45	100	22	2	18	14	4
	142	Like It	340	20	12	0.5	70	170	36	3	30	23	6
	227	Love It	540	32	20	1.0	115	260	58	5	48	36	10
	340	Gotta Have It	810	47	30	1.5	170	400	87	7	72	54	15
Double Chocolate Malt	85	Kids	220	11	7	0.0	40	75	28	1	25	21	3
	142	Like It	370	18	11	0.5	65	125	46	1	42	36	5
	227	Love It	590	29	18	1.0	105	200	74	2	67	57	8
	340	Gotta Have It	880	44	27	1.5	155	300	111	3	101	85	13

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Ice Cream													
Dulce De Leche Ice Cream	85	Kids	210	11	7	0.0	45	70	25	0	23	18	3
	142	Like It®	350	19	12	0.5	80	115	42	0	39	30	4
	227	Love It®	570	30	19	1.0	125	180	67	0	62	48	7
	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
	142	Like It	290	16	10	0.0	75	105	31	0	28	21	4
	227	Love It	460	26	16	0.5	125	170	50	0	45	34	6
	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
	142	Like It	340	20	12	0.5	95	105	37	0	33	26	4
	227	Love It	550	31	19	1.0	150	160	59	0	53	41	6
	340	Gotta Have It	820	47	29	1.5	225	250	88	0	79	62	9
Frozen Hot Chocolate Ice Cream	85	Kids	210	12	7	0.0	45	160	24	0	21	17	2
	142	Like It	350	19	12	0.5	75	270	40	0	36	28	4
	227	Love It	560	31	20	1.0	120	430	65	1	57	45	6
	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
	142	Like It	370	19	11	0.5	65	150	44	2	37	31	5
	227	Love It	600	31	18	1.0	105	250	71	2	60	49	9
	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
	142	Like It	370	21	13	0.5	70	100	39	1	34	26	5
	227	Love It	570	34	21	1.0	110	160	62	2	54	42	8
	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	105	26	1	23	19	3
	142	Like It	360	18	12	0.0	60	170	44	2	39	32	6
	227	Love It	570	29	19	1.0	95	280	70	4	62	50	9
	340	Gotta Have It	850	43	28	1.0	140	420	105	6	93	76	13
Ghirardelli® Chocolate Ice Cream	85	Kids	200	12	7	0.0	45	60	23	2	17	13	3
	142	Like It	340	20	12	0.5	75	100	38	4	29	22	4
	227	Love It	540	32	20	1.0	120	160	61	6	46	35	7
	340	Gotta Have It	800	48	30	1.5	180	230	92	8	69	53	11
Golden OREO® Cookie Ice Cream	85	Kids	220	13	7	0.0	45	95	25	0	20	16	2
	142	Like It	370	21	12	0.5	75	160	42	0	33	26	4
	227	Love It	600	34	19	1.0	120	260	67	0	53	42	6
	340	Gotta Have It	900	50	29	1.5	175	390	100	0	79	63	9
Goosey Butter Cake Ice Cream	85	Kids	220	11	6	0.0	50	115	28	0	22	18	2
	142	Like It	360	18	11	0.5	80	190	47	0	36	30	4
	227	Love It	580	28	17	1.0	130	310	75	0	58	44	6
	340	Gotta Have It	870	42	25	1.0	195	460	112	0	87	72	9
Green Tea Ice Cream	85	Kids	200	12	7	0.0	50	60	21	0	19	14	3
	142	Like It	340	20	12	0.5	80	100	35	0	31	24	4
	227	Love It	540	32	20	1.0	130	160	57	0	50	38	7
	340	Gotta Have It	820	48	30	1.5	195	240	85	0	74	56	10
JELL-O® Banana Cream Pudding Ice Cream	85	Kids	210	10	6	0.0	40	170	26	0	22	18	2
	142	Like It	340	17	11	0.5	70	280	44	0	37	30	3
	227	Love It	550	27	17	1.0	110	450	70	0	60	48	5
	340	Gotta Have It	820	41	26	1.5	165	670	105	1	90	72	8
Kettle Corn Ice Cream	85	Kids	210	12	7	0.0	50	85	22	0	19	15	2
	142	Like It	350	21	12	0.5	80	140	37	0	32	24	4
	227	Love It	560	33	20	1.0	125	220	59	0	51	39	6
	340	Gotta Have It	840	49	29	1.5	190	330	88	1	76	58	9
Key Lime Ice Cream	85	Kids	210	12	7	0.0	50	55	25	0	22	18	2
	142	Like It	360	19	12	0.5	80	95	42	0	36	30	4
	227	Love It	570	31	19	1.0	130	150	66	0	58	47	6
	340	Gotta Have It	850	46	28	1.5	195	220	99	0	87	71	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													
Kulfi Ice Cream	85	Kids	220	11	7	0.0	45	65	26	0	24	12	3
	142	Like It®	360	19	12	0.5	75	110	43	0	40	20	5
	227	Love It®	580	30	19	1.0	120	170	69	0	64	32	8
	340	Gotta Have It®	860	45	28	1.5	180	260	103	0	95	48	12
Lucky Charms™ Ice Cream	85	Kids	210	12	7	0.0	45	85	24	0	19	15	3
	142	Like It	350	19	12	0.5	75	140	40	0	32	25	4
	227	Love It	560	31	19	1.0	125	230	64	1	52	40	7
	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
	142	Like It	310	17	11	0.5	70	85	37	0	33	26	3
	227	Love It	500	27	17	1.0	110	140	59	0	53	42	5
	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
	142	Like It	350	19	12	0.5	75	135	39	1	33	26	4
	227	Love It	560	31	19	1.0	120	220	62	1	53	42	7
	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
	142	Like It	340	18	11	0.5	75	100	41	0	31	25	3
	227	Love It	550	29	18	1.0	115	160	66	0	50	39	5
	340	Gotta Have It	820	43	27	1.5	175	240	99	0	75	59	8
Milk & Cookies Ice Cream made with Chips Ahoy!®	85	Kids	220	13	8	0.0	45	75	24	0	20	16	2
	142	Like It	370	22	13	0.5	75	125	41	0	33	26	4
	227	Love It	600	34	20	1.0	120	200	65	0	53	42	6
	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
	142	Like It	340	19	12	0.5	80	95	37	0	34	27	4
	227	Love It	540	31	19	1.0	125	150	60	0	54	42	6
	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
	142	Like It	340	20	12	0.5	75	105	34	1	31	24	5
	227	Love It	540	32	20	1.0	120	170	55	2	50	38	8
	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
	142	Like It	350	20	12	0.5	80	125	38	0	32	23	4
	227	Love It	550	31	19	1.0	125	200	61	0	51	37	7
	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
	142	Like It	330	20	12	0.5	80	100	35	0	31	23	4
	227	Love It	530	31	20	1.0	130	160	55	0	49	37	6
	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
	142	Like It	460	31	14	0.0	65	105	42	0	39	33	3
	227	Love It	740	49	23	1.0	105	170	68	0	62	53	5
	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
	142	Like It	340	19	12	0.5	75	100	39	0	34	27	3
	227	Love It	540	30	18	1.0	120	160	63	0	55	44	6
	340	Gotta Have It	810	44	28	1.5	180	240	94	0	82	65	8
Peanut Butter Cookie Dough Ice Cream	85	Kids	230	12	7	0.0	40	160	27	0	21	17	3
	142	Like It	380	20	11	0.5	70	260	45	0	34	28	5
	227	Love It	610	33	18	1.0	110	420	71	0	55	45	8
	340	Gotta Have It	920	49	27	1.5	165	630	107	0	82	68	12
Peanut Butter Ice Cream	85	Kids	230	15	8	0.0	45	85	21	0	18	14	4
	142	Like It	380	24	13	0.5	75	140	35	1	30	23	6
	227	Love It	610	39	20	1.0	120	230	56	1	48	36	10
	340	Gotta Have It	910	58	30	1.5	180	340	84	1	72	54	14

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													
Peanut Butter & Jelly Ice Cream	85	Kids	240	13	7	0.0	40	95	26	0	21	16	3
	142	Like It®	390	22	12	0.5	65	160	43	0	34	27	5
	227	Love It®	630	36	19	1.0	100	260	69	1	55	44	9
	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
	142	Like It	340	20	12	0.5	75	105	35	1	31	23	5
	227	Love It	550	32	20	1.0	120	170	57	2	49	38	8
	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
	142	Like It	340	18	11	0.5	65	150	40	0	32	24	4
	227	Love It	540	29	18	1.0	105	240	64	0	51	38	6
	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	65	21	0	19	14	2
	142	Like It	340	20	12	0.5	80	105	36	0	32	24	4
	227	Love It	540	32	20	1.0	130	170	57	0	51	39	6
	340	Gotta Have It	810	48	30	1.5	195	250	85	0	76	58	9
Pistachio Pudding Ice Cream	85	Kids	220	11	7	0.0	40	220	29	0	24	20	2
	142	Like It	360	18	11	0.5	70	360	48	0	41	34	3
	227	Love It	580	29	17	1.0	115	580	76	0	65	54	5
	340	Gotta Have It	870	43	26	1.5	170	870	114	0	97	81	8
Pumpkin Ice Cream	85	Kids	170	9	6	0.0	35	70	21	0	19	15	2
	142	Like It	290	15	9	0.0	60	120	35	0	31	24	3
	227	Love It	460	24	15	1.0	100	190	55	0	49	39	5
	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
	142	Like It	320	18	11	0.5	70	130	37	0	32	25	3
	227	Love It	520	28	18	1.0	115	210	59	0	50	39	5
	340	Gotta Have It	770	43	27	1.5	170	310	89	0	76	59	8
Pumpkin Spice Latte	85	Kids	200	12	8	0.0	50	60	21	0	19	14	2
	142	Like It	340	20	13	0.5	80	100	35	0	31	24	4
	227	Love It	540	32	20	1.0	130	160	57	0	50	38	6
	340	Gotta Have It	810	48	30	1.5	195	240	85	0	75	57	9
Raspberry Ice Cream	85	Kids	200	11	7	0.0	45	55	22	0	19	15	2
	142	Like It	330	19	12	0.5	75	95	37	0	32	25	4
	227	Love It	530	30	19	1.0	120	150	59	0	52	40	6
	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
	142	Like It	370	18	11	0.5	70	220	47	0	36	29	4
	227	Love It	590	29	17	1.0	115	350	74	0	57	47	7
	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
	142	Like It	360	19	11	0.0	75	230	43	0	34	27	5
	227	Love It	580	30	17	1.0	120	360	69	1	54	43	8
	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
	142	Like It	400	25	13	0.5	65	190	36	2	33	26	7
	227	Love It	630	40	20	1.0	105	300	58	3	53	41	11
	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
	142	Like It	340	20	12	0.5	80	100	36	1	31	24	4
	227	Love It	550	32	20	1.0	130	160	57	1	50	38	6
	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
	142	Like It	350	19	12	0.5	85	280	42	0	35	28	4
	227	Love It	560	30	18	1.0	135	440	66	0	56	45	6
	340	Gotta Have It	840	45	28	1.5	200	660	99	0	84	67	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													
Salted Chocolate Caramel Ice Cream	85	Kids	230	14	7	0.0	40	140	25	0	21	17	2
	142	Like It®	390	23	12	0.5	70	240	42	1	36	29	4
	227	Love It®	620	37	20	1.0	115	380	67	1	57	46	6
	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
	142	Like It	340	19	12	0.5	70	340	36	1	33	26	5
	227	Love It	550	31	20	1.0	115	550	58	2	53	41	8
	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
	142	Like It	340	20	13	0.5	80	290	35	0	31	24	4
	227	Love It	540	32	20	1.0	130	470	56	0	50	38	6
	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
	142	Like It	340	20	12	0.5	80	350	35	0	31	24	4
	227	Love It	540	32	20	1.0	130	560	55	0	50	38	6
	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
	142	Like It	370	17	11	0.5	70	220	49	0	37	31	4
	227	Love It	590	28	17	1.0	110	350	78	0	60	50	6
	340	Gotta Have It	890	42	25	1.5	165	520	118	1	90	74	10
Strawberry Cake Batter Ice Cream®	85	Kids	210	10	6	0.0	40	90	26	0	21	17	2
	142	Like It	350	17	11	0.5	70	150	44	0	35	29	4
	227	Love It	560	28	17	1.0	110	240	70	0	57	46	6
	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
	142	Like It	330	18	11	0.5	70	130	39	0	33	26	3
	227	Love It	530	28	18	1.0	115	210	63	0	52	41	5
	340	Gotta Have It	790	42	27	1.5	170	310	94	0	78	62	8
Strawberry Ice Cream	85	Kids	200	11	7	0.0	45	55	22	0	19	15	2
	142	Like It	330	19	12	0.5	75	95	36	0	32	25	3
	227	Love It	530	30	19	1.0	120	150	58	0	52	40	6
	340	Gotta Have It	790	45	28	1.5	180	220	87	0	77	60	8
Strawberry Marshmallow Ice Cream	85	Kids	200	10	6	0.0	40	55	25	0	19	15	2
	142	Like It	330	17	10	0.5	70	95	42	0	32	26	3
	227	Love It	530	27	17	1.0	110	150	67	0	51	41	5
	340	Gotta Have It	800	40	25	1.5	165	230	100	0	77	61	8
Strawberry Shortcake Ice Cream	85	Kids	210	11	7	0.0	40	105	25	0	20	17	2
	142	Like It	350	19	12	0.5	70	170	41	0	34	28	4
	227	Love It	560	30	19	1.0	115	280	65	0	54	44	6
	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
	142	Like It	340	20	13	0.5	80	100	35	0	31	24	4
	227	Love It	540	32	20	1.0	130	160	56	0	50	38	6
	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
	142	Like It	340	20	12	0.5	80	135	34	0	31	23	4
	227	Love It	540	31	20	1.0	125	220	55	0	49	37	6
	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
	142	Like it	200	6	3.5	0.0	25	150	40	0	10	0	6
	227	Love it	330	10	6	0.0	40	240	63	0	15	0	10
	340	Gotta Have It	490	14	9	0.0	60	360	95	0	23	0	14

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
	142	Like It®	170	0	0	0.0	0	20	43	0	42	42	0
	227	Love It®	280	0	0	0.0	0	35	68	0	68	68	0
	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
	142	Like It	160	0	0	0.0	0	15	39	0	38	38	0
	227	Love It	250	0	0	0.0	0	25	62	0	61	61	0
	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
	142	Like It	190	1	0	0.0	0	15	44	0	43	43	0
	227	Love It	300	1	0.5	0.0	0	25	71	0	69	69	0
	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
	142	Like It	150	0	0	0.0	0	15	38	0	37	37	0
	227	Love It	250	0	0	0.0	0	25	60	0	60	60	0
	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
	142	Like It	170	0	0	0.0	0	20	43	0	42	42	0
	227	Love It	280	0	0	0.0	0	35	68	0	68	67	0
	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
	142	Like It	140	0	0	0.0	0	15	35	0	35	32	0
	227	Love It	230	0	0	0.0	0	20	56	0	56	51	0
	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
	142	Like It	160	0	0	0.0	0	15	39	0	38	31	0
	227	Love It	250	0	0	0.0	0	20	62	1	60	50	1
	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
	142	Like It	160	0	0	0.0	0	15	39	0	38	38	0
	227	Love It	250	0	0	0.0	0	25	62	0	61	60	0
	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
	142	Like It	160	0	0	0.0	0	15	40	0	40	39	0
	227	Love It	260	0	0	0.0	0	25	64	0	63	63	0
	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
	142	Like It	160	0	0	0.0	0	15	40	0	39	38	0
	227	Love It	260	0	0	0.0	0	25	64	0	63	62	0
	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
	142	Like It	160	0	0	0.0	0	15	39	0	38	37	0
	227	Love It	250	0	0	0.0	0	20	63	0	61	59	0
	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
	142	Like It®	160	0	0	0.0	0	20	40	0	39	38	0
	227	Love It®	260	0	0	0.0	0	30	64	0	62	61	0
	340	Gotta Have It®	390	0	0	0.0	0	50	96	0	92	92	0

Ice Cream, Sorbet and Frozen Dessert Nutritional Information

Frozen Dessert													
Silk® Chocolate Almondmilk	85	Kids	170	8	6	0.0	0	70	25	1	18	18	1
	142	Like It®	280	13	10	0.0	0	115	41	1	30	30	1
	227	Love It®	450	21	16	0.0	0	190	66	2	47	47	2
	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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