

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)	Added Sugars (g)	Protein (g)
Mix-ins												
Almond Joy®	23	110	7	4.5	0	0	25	13	1	11	10	1
Apple Pie Filling	36	40	0	0	0	0	0	10	0	8	7	0
Bananas	59	50	0	0	0	0	0	13	2	7	0	1
Birthday Cake OREO® Cookies	29 (2 cookies)	140	7	2	0	0	85	21	1	13	13	1
Black Cherries	28	60	0	0	0	0	5	15	0	14	14	0
Blackberries	28	20	0	0	0	0	0	4	1	3	0	0
Blueberries	25	15	0	0	0	0	0	3	1	2	0	0
Brownies	47	190	7	2	0	10	120	29	1	18	18	2
Butterfinger®	36	170	7	3.5	0	0	105	25	1	14	13	2
Caramel	18	60	0.5	0	0	0	30	13	0	8	8	0
Caramel Corn	30	130	4	1.5	0	5	160	25	1	19	19	1
Cashews	11	60	5	1	0	0	45	4	0	0	0	2
Cheesecake Bites	16	60	3.5	2	0	15	45	5	0	3	3	1
Cherry Pie Filling	36	35	0	0	0	0	10	9	0	8	6	0
Chocolate Chip Cookie	14 (1/2 cookie)	60	2.5	1	0	5	80	9	1	5	5	1
Chocolate Chips	19	90	5	3.5	0	0	0	13	1	11	11	1
Chocolate Shavings	16	80	5	3.5	0	0	0	9	1	7	7	1
Chocolate Sprinkles	17	80	3	3	0	0	0	12	0	11	9	0
Chunky CHIPS AHOY!® Cookie	32 (2 cookies)	160	8	3	0	0	75	21	0	11	11	1
Cinnamon	1	0	0	0	0	0	0	1	1	0	0	0
Coconut	12	60	3	3	0	0	25	6	2	4	3	0
Cookie Dough - RTE	38	160	6	3	0	0	170	25	0	13	11	1
Crunch Bar®	22	120	6	3.5	0	5	30	15	1	12	11	1
Devil's Food Cake	26	80	3	1	0	10	135	13	0	8	8	2
Dipped Dough	43	190	8	5	0	0	180	28	0	16	14	1
Frosting (White Bettercreme®)	12	45	3	3	0	0	10	5	0	4	4	0
Fudge	20	60	1.5	1	0	0	45	12	0	10	9	1
Ghirardelli® Caramel Square	15	80	4	2.5	0	5	25	9	0	8	7	1
GOLDEN OREO® Cookies	23 (2 cookies)	110	4.5	1.5	0	0	80	17	0	8	8	1
Graham Cracker Pie Crust	16	70	3.5	2.5	0	0	85	10	0	4	4	1
Granola	14	50	0.5	0	0	0	35	11	1	4	4	1
Gumballs	28	140	0	0	0	0	0	28	0	28	28	0
Gummy Bears	22	70	0	0	0	0	15	15	0	10	10	1
Halloween OREO® Cookies	29 (2 cookies)	140	7	2	0	0	85	21	0	13	13	0
Heath® Bar	20	110	7	3.5	0	5	65	13	1	12	12	1
Honey	18	50	0	0	0	0	0	15	0	15	15	0
KIT KAT®	22	110	6	3.5	0	5	15	14	0	11	11	2
Lucky Charms™ Cereal	12	45	0.5	0	0	0	75	11	1	4	4	1
M&M'S®	22	110	4	3	0	0	15	16	0	14	13	1
Macadamia	14	100	11	2	0	0	0	2	1	1	0	1
Maraschino Cherries	5	5	0	0	0	0	0	2	0	2	1	0
Marshmallow Crème	20	70	0	0	0	0	10	17	0	10	10	0
Marshmallows	4	15	0	0	0	0	0	3	0	3	2	0
Mother's® Circus Animal Cookies	17 (4 cookies)	90	4.5	4	0	0	30	11	0	7	7	1
Nilla® Wafers	8 (2 wafers)	35	1.5	0	0	0	30	5	0	3	3	0
Nutella®	24	130	7	2.5	0	0	10	14	1	14	12	1
OREO® Cookies	23 (2 cookies)	110	4.5	1.5	0	0	75	17	0	9	9	1
OREO® REESE'S Cookies	29 (2 cookies)	140	6	1.5	0	0	125	20	0	11	11	2
Peach Pie Filling	36	45	0	0	0	0	0	9	0	8	6	0
Peanut Butter	24	140	12	2.5	0	0	100	5	1	3	1	5
Peanut M&M'S®	20	100	5	2	0	0	10	12	1	10	9	2
Peanuts	14	80	7	1	0	0	0	3	1	1	0	4
Pecans	14	100	10	1	0	0	55	2	1	1	0	1
Pineapple Tidbits	34	20	0	0	0	0	0	5	0	4	0	0
Pistachio Cream with Kataifi	25	140	9	1.5	0	0	55	12	0	9	6	2
Pistachios	14	80	7	1	0	0	55	4	2	1	0	3

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Mix-ins												
Pretzels	8	30	0	0	0	0	170	7	0	0	0	1
Pumpkin Spice	1	5	0	0	0.0	0	0	0	0	0	0	0
Rainbow Sprinkles	17	70	3.5	3.5	0	0	0	10	0	7	7	0
Raisins	21	60	0	0	0	0	0	17	1	13	0	1
Raspberries	38	15	0	0	0	0	0	4	1	2	0	1
Red Velvet Cake	26	80	2.5	0.5	0	10	130	13	0	8	7	2
REESE'S Peanut Butter Cup	32	160	9	3.5	0	0	110	18	1	16	15	3
REESE'S Peanut Butter Sauce	19	120	11	2	0	0	85	3	1	2	1	4
REESE'S Pieces	19	100	4.5	4	0	0	20	12	1	10	10	2
Rich's® On Top® Whipped Topping	12	40	3	3	0	0	0	3	0	3	3	0
Roasted Almonds	14	90	8	0.5	0	0	55	2	1	1	0	3
Sliced Almonds	14	90	8	0.5	0	0	0	3	2	1	0	3
Snickers®	52	240	12	4.5	0	5	125	32	1	28	25	4
Strawberries	39	15	0	0	0	0	0	3	1	2	0	0
Sugar Crystals	12	50	0	0	0	0	0	12	0	12	12	0
Tajin®	1	0	0	0	0	0	170	0	0	0	0	0
Toasted Coconut	12	70	6	4.5	0	0	30	6	1	4	3	0
TWIX®	26	130	6	3.5	0	0	55	17	0	13	12	1
Walnuts	14	100	10	1	0	0	55	2	1	1	0	2
White Chips	22	120	6	5	0	0	50	13	0	13	12	1
Whoppers®	20	90	3.5	3.5	0	0	45	15	0	11	9	0
Yellow Cake	26	80	2.5	0.5	0	10	135	14	0	9	8	1
YORK® Peppermint Patties	34	120	2.5	1.5	0	0	10	27	0	22	22	0
Cone Products												
Cake Cone	6	25	0	0	0	0	15	5	0	0	0	0
Dipped Sprinkled Waffle Cone or Bowl	87	340	17	15	0	5	50	47	1	33	32	2
Dipped Waffle Cone or Bowl	79	310	15	13	0	5	50	42	1	29	29	2
Sugar Cone	13	50	0	0	0	0	20	12	0	3	3	0
Waffle Chips - Dipped	119	470	23	20	0	10	75	64	1	44	44	3
Waffle Chips - Plain	65	160	3.5	1	0	10	60	31	0	15	14	2
Waffle Chips - Variety	92	310	12	10	0	10	65	47	1	29	28	3
Waffle Cone or Bowl	43	110	2	0.5	0	5	40	21	0	10	9	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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