

Shakes 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)
Shakes WITH Whipped Topping													
Cake Batter 'n Shake™	384	12 oz	900	48	32	1.0	145	460	106	0	84	69	11
Cake Batter 'n Shake	611	20 oz	1440	74	47	2	245	810	173	0	136	111	18
Milk and OREO® Cookies	381	12 oz	890	53	35	1.5	155	310	94	1	79	63	10
Milk and OREO Cookies	604	20 oz	1420	83	52	2	255	530	154	1	128	101	16
Oh Fudge!™	386	12 oz	870	50	36	1.5	140	290	91	3	84	66	13
Oh Fudge!	615	20 oz	1380	77	53	2.0	235	490	150	5	138	108	21
Reese's Chocolate Peanut Butter Dream	392	12 oz	1160	80	40	1.5	140	480	91	6	81	64	22
Reese's Chocolate Peanut Butter Dream	612	20 oz	1780	121	58	2.0	235	750	145	9	129	101	33
Savory Strawberry™	397	12 oz	780	46	32	1.0	140	200	83	1	73	55	9
Savory Strawberry	637	20 oz	1200	69	47	2.0	235	330	131	2	115	85	14
Very Vanilla™	386	12 oz	880	49	34	1.0	180	270	100	0	85	69	10
Very Vanilla	587	20 oz	1310	73	49	2.0	295	410	145	0	126	99	16
Shakes WITHOUT Whipped Topping													
Cake Batter 'n Shake	342	12 oz	770	38	22	1.0	145	460	95	0	74	59	10
Cake Batter 'n Shake	569	20 oz	1300	64	37	2	245	800	163	0	126	100	17
Chocolate Silk® Shake	345	12 oz	530	24	19	0	0	270	77	2	56	56	3
Chocolate Silk Shake	575	20 oz	890	40	31	0	0	440	129	4	93	93	4
Milk and OREO Cookies	339	12 oz	750	43	25	1.0	155	300	83	1	69	52	9
Milk and OREO Cookies	562	20 oz	1290	73	42	2	255	520	143	1	117	90	16
Oh Fudge!	344	12 oz	730	40	25	1.0	140	280	80	3	74	56	12
Oh Fudge!	573	20 oz	1240	67	43	2.0	235	480	139	5	127	98	20
Reese's Chocolate Peanut Butter Dream	350	12 oz	1020	70	30	1.0	140	470	80	6	71	53	21
Reese's Chocolate Peanut Butter Dream	570	20 oz	1640	111	48	2.0	235	740	134	9	119	91	33
Savory Strawberry	355	12 oz	640	35	22	1.0	140	190	72	1	63	45	8
Savory Strawberry	595	20 oz	1070	59	37	2	235	320	120	2	105	75	14
Very Vanilla	344	12 oz	740	38	24	1.0	180	260	89	0	75	58	9
Very Vanilla	545	20 oz	1170	63	39	2.0	295	400	134	0	116	89	15

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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