

Ice Cream Nutrition Information

1/2 cup servings	Calories	Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Sugars (g)	Protein (g)
Chocolate	150	8	5	30	70	18	16	2
Vanilla	160	10	6	40	80	17	17	2
Strawberry	150	7	4.5	30	55	20	20	2
Coffee	160	9	6	35	75	17	16	2
French Vanilla	160	9	6	50	70	17	17	2
Cookies N Cream	160	8	4.5	25	140	20	18	2
Cake Batter	180	9	4.5	25	105	22	20	2
Rainbow Sherbet	120	0	0	0	105	31	29	0
Rainforest Crunch	170	8	5	25	90	23	15	2
Cookie Dough	160	8	4.5	25	115	21	17	2
Peppermint Stick	150	7	4.5	25	105	21	20	2
Black Raspberry	140	7	4.5	25	110	18	18	2
Pistachio Nut	130	9	4.5	25	125	16	16	3
Mint Chocolate Chip	160	8	5	25	105	19	15	3
Chocolate Chip	160	8	5	25	110	19	15	3
Maine Black Bear	150	7	4.5	25	105	21	20	2
Lobster Tracks	190	11	5	25	120	21	19	2
Maple Walnut	160	9	4	25	105	18	16	3

