



NUTRITION GUIDE

(Based on U.S. formulations as of date of posting)

Soft-serve ice cream

	Serving Size	Calories	Calories from fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Butter-finger	1 oz	122	45	0.0	3	0	0	51	19	1	12	1
Cones	1 cone	30	0	0	0	0	0	10	6	0	0	0
Flavor Burst- Chocolate Swirl	1/6 oz	10	0	0.0	0	-	-	<5	3	-	-	0
Flavor Burst- Mocha Cappuccino	1/6 oz	10	0	0	0	-	-	<5	3	-	-	0
Flavor Burst- Strawberry	1/6 oz	10	0	0	0	-	-	<5	3	-	-	0
Flavor Burst-Banana Ripple	1/6 oz	10	0	0	0	-	-	<5	3	-	-	0
Flavor Burst-Blue Goo	1/6 oz	10	0	0	0	-	-	<5	3	-	-	0
Flavor Burst-Caramel Syrup	1/6 oz	10	0	0	0	-	-	<5	3	-	-	0
Flavor Burst-Classic Cherry	1/6 oz	10	0	0	0	-	-	<5	3	-	-	0
Flavor Burst-Cool Mint	1/6 oz	10	0	0	0	-	-	<5	3	-	-	0
Graham Cracker Crumbs	1 oz	121	31	4	1.0	0	0	126	22	1	6	2
M&M'S	1 oz	140	53	6	4	0	3	17	20	>1	18	1
Nerds	1 oz	120	0	0.0	0	-	0	0	28	0	28	0
Oreo Crumbs	1 oz	130	50	5	2	-	0	105	20	1	11	1
Reese Pieces	1 oz	137	56	7	5.5	0.0	0	51	18	>1	15	3
Soft Serve (Central Illinois)	1/2 cup	110	30	3	2	0	15	65	17	0	15	3
Soft Serve (Chicago)	1/2 cup	110	30	3	2	0	15	65	18	0	15	3
Soft Serve (Florida)	1/2 cup	130	40	5	3	0	15	60	19	0	16	4
Soft Serve (Indianapolis, So. IN., Columbus,	1/2 cup	140	50	5	3.5	0	20	105	19	0	19	3
Soft Serve (Louisville, Lexington, Evansville,	1/2 cup	130	40	5	3	0	15	90	20	0	17	3
Soft Serve (TN)	1/2 cup	130	40	5	3.0	0	15	90	20	0	17	3
Sprinkles	1 oz	130	40	5	4.0	0	0	0	22	0	20	0
Waffle Pieces	1 oz	113	7	0	1	0	0	50	25	>1	8	2

INGREDIENTS GUIDE

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Butter-finger **INGREDIENTS:** CORN SYRUP, SUGAR, GROUND ROASTED PEANUTS, HYDROGENATED PALM KERNEL OIL, COCOA MOLASSES, AND LES THAN 1% OF DAIRY PRODUCT SOLIDS, CONFECTIONER'S CORN FLAKES, NONFAT MILK, SOY LECITHIN, SOYBEAN OIL, CORNSTARCH, NATURAL FLAVORS, MONOGLYCERIDES, TBHQ AND CITRIC ACID (TO PRESERVE FRESHNESS), ANNATTO COLOR.
CONTAINS: MILK AND SOY INGREDIENTS.

Cones **INGREDIENTS:** ENRICHED WHEAT FLOUR (CONTAINS WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), TAPIOCA FLOUR, SUGAR, CANOLA OIL, CONTAINS LESS THAN 1.5% OF: ANNATTO (VEGETABLE COLOR), LEAVENING (AMMONIUM BICARBONATE), NATURAL FLAVOR, SALT.
CONTAINS: WHEAT

Flavor Burst- Chocolate Swirl **INGREDIENTS:** WATER, HIGH FRUCTOSE CORN SYRUP, E150 CARAMEL COLOR, NATURAL AND ARTIFICIAL FLAVORS, E211 SODIUM BENZOATE, E202 POTASSIUM SORBATE (PRESERVATIVES), E330 CITRIC ACID, E415 XANTHAN GUM

Flavor Burst- Mocha Cappuccino

INGREDIENTS: WATER, HIGH FRUCTOSE CORN SYRUP, NATURAL AND ARTIFICIAL FLAVOR, E150 CARAMEL COLOR, E330 CITRIC ACID, E202 POTASSIUM SORBATE, E211 SODIUM BENZOATE (PRESERVATIVES), E415 XANTHAN GUM

Flavor Burst- Strawberry

INGREDIENTS: WATER, HIGH FRUCTOSE CORN SYRUP, E330 CITRIC ACID, E296 MALIC ACID, NATURAL AND ARTIFICIAL FLAVORS, E211 SODIUM BENZOATE (PRESERVATIVE), E415 XANTHAN GUM, E129 FD&C RED #40, E133 FD&C BLUE #1

Flavor Burst-Banana Ripple

INGREDIENTS: WATER, HIGH FRUCTOSE CORN SYRUP, PROPYLENE GLYCOL, E330 CITRIC ACID, NATURAL AND ARTIFICIAL FLAVORS, E211 SODIUM BENZOATE (PRESERVATIVE), E102 FD&C YELLOW #5, E133 FD&C BLUE #1

Flavor Burst-Blue Goo

INGREDIENTS: WATER, HIGH FRUCTOSE CORN SYRUP, ARTIFICIAL FLAVORS, E330 CITRIC ACID, E211 SODIUM BENZOATE (PRESERVATIVE), E133 FD&C BLUE #1, E415 XANTHAN GUM

Flavor Burst-Caramel Syrup

INGREDIENTS! WATER, HIGH FRUCTOSE CORN SYRUP, NATURAL & ARTIFICIAL FLAVORS, SALT, E150 CARAMEL COLOR, E211 SODIUM BENZOATE AND E202 POTASSIUM SORBATE (PRESERVATIVES), E330 CITRIC ACID, E415 XANTHAN GUM

Flavor Burst-Classic Cherry

INGREDIENTS: WATER, HIGH FRUCTOSE CORN SYRUP, E330 CITRIC ACID, NATURAL AND ARTIFICIAL FLAVORS, E129 FD&C RED #40, E211 SODIUM BENZOATE, E202 POTASSIUM SORBATE (PRESERVATIVES), E415 XANTHAN GUM

Flavor Burst-Cool Mint

INGREDIENTS: WATER, HIGH FRUCTOSE CORN SYRUP, NATURAL AND ARTIFICIAL FLAVORS, E330 CITRIC ACID, E211 SODIUM BENZOATE, E202 POTASSIUM SORBATE (PRESERVATIVES), E102 FD&C YELLOW #5, E133 FD&C BLUE #1, E415 XANTHAN GUM

Graham Cracker Crumbs

INGREDIENTS: WHOLE WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), SUGAR, VEGETABLE OIL (COTTONSEED AND PARTIALLY HYDROGENATED SOYBEAN OIL WITH TBHQ FOR FRESHNESS), CORN SYRUP, MOLASSES, HONEY, CONTAINS TWO PERCENT OR LESS OF CALCIUM CARBONATE, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), SALT, ARTIFICIAL FLAVOR, VITAMIN A PALMITATE, BHT FOR FRESHNESS, SOY **CONTAINS WHEAT, SOY.**

M&M'S

INGREDIENTS: MILK CHOCOLATE (SUGAR, CHOCOLATE, COCOA BUTTER, SKIM MILK, MILKFAT, LACTOSE, SOY LECITHIN, SALT ATIFICIAL FLAVORS), SUGAR CORNSTARCH, LESS THAN 1% - CORN SYRUP, GUM ACACIA, COLORING (INCLUDES RED 40 LAKE, YELLOW 6, BLU 2 LAKE, YELLOW 5, BLUE 1 LAKE, RED 40, BLUE 1), DEXTRIN. **CONTAINS MILK, SOY, MAY CONTAIN PEANUTS**

Nerds

INGREDIENTS: DEXTROSE, SUGAR, MALIC ACID, AND LESS THAN 2% CORN SYRUP, ARTIFICIAL FLAVORS, CARNAUBA WAX. *COLOR ADDED: CARMINE COLOR, BLUE 1 BLUE 1 LAKE, BLUE 2, BLUE 2 LAKE, RED 40, RED 40 LAKE, YELLOW 5, YELLOW 5 LAKE, YELLOW 6, YELLOW 6 LAKE. ***CONTAINS: WHEAT**

Oreo Crumbs

INGREDIENTS: UNBLEACHEDENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE, MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), SUGAR, PALM AND/OR CANOLA OIL, COCOA (PROCESSED WITH ALKALI), HIGH FRUCTOSE CORN SYRUP, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), CORNSTARCH, SALT, SOY LECITHIN, VANILLIN- AN ARTIFICIAL FLAVOR, CHOCOLATE.
CONTAINS: WHEAT, SOY.

Reese Pieces

INGREDIENTS: SUGAR, PARTIALLY DEFATTED PEANUTS, PARTIALLY HYDROGENATED VEGETABLE OIL (PALM KERNEL AND SOYBEAN OIL); CORN SYRUP; DEXTROSE; CONTAINS 2% OR LESS OF: SALT; SOY LECITHIN; ARTIFICIAL COLOR (BLUE 1 LAKE; RED 40 LAKE; YELLOW 5 LAKE; YELLOW 6 LAKE); CARNAUBA WAX; RESINOUS GLAZE; AND VANILLIN, ARTIFICIAL FLAVORING; MODIFIED CORNSTARCH; REDUCED MINERALS WHEY (MILK). **CONTAINS MILK, PEANUTS, SOY**

Soft Serve (Central Illinois)

INGREDIENTS: MILKFAT AND NONFAT MILK, SUGAR, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, WHEY, STABILIZED AND EMULSIFIED BY MONO AND DIGLYCERIDES, GUAR GUM AND CARRAGEENAN, ARTIFICIAL FLAVOR, VEGETABLE ANNATTO COLOR AND VITAMIN A PALMITATE **CONTAINS MILK**

Soft Serve (Chicago)

INGREDIENTS: NONFAT MILK, CREAM, SUGAR, CORN SYRUP SOLIDS, HIGH FRUCTOSE CORN SYRUP, WHEY, MONO AND DIGLYCERIDES, CELLULOSE GUM, POLYSORBATE 65, GUAR GUM, CARRAGEENAN, ARTIFICIAL FLAVOR.

CONTAINS: MILK

Soft Serve (Florida)

INGREDIENTS: MILK, SUGAR, CREAM, CORN SYRUP, NONFAT DRY MILK, MONO AND DIGLYCERIDES, GUAR GUM, CARRAGEENAN, ARTIFICIAL FLAVOR. **CONTAINS MILK**

**Soft Serve
(Indianapolis, So. IN., Columbus, Cin.)**

INGREDIENTS: MILK, SUGAR, CREAM, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, WHEY, NONFAT DRY MILK, MONO & DIGLYCERIDES, GUAR GUM, TETRASODIUM PYROPHOSPHATE, DEXTROSE, CARRAGEENAN, VANILLIN, VANILLA, ANNATTO COLOR, AND VITAMIN A PALMITATE **CONTAINS MILK**

**Soft Serve
(Louisville, Lexington, Evansville, NKY)**

INGREDIENTS: MILKFAT AND NONFAT MILK, SUGAR, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, WHEY, CONTAINS LESS THAN 1% OF: MONO AND DIGLYCERIDES, PROPYLENE GLYCOL MONOESTERS, GUAR GUM, DISODIUM PHOSPHATE, SODIUM CITRATE, CELLULOSE GUM, CARRAGEENAN, NATURAL AND ARTIFICIAL FLAVOR, VITAMIN A PALMITATE.

CONTAINS: MILK

**Soft Serve
(TN)**

INGREDIENTS: MILKFAT AND NONMILKFAT, SUGAR, HIGH FRUCTOSE CORN SYRUP, WHEY, CONTAINS LESS THAN 1% OF: MONO AND DIGLYCERIDES, PROPYLENE GLYCOL MONOESTERS, GUAR GUM, DISODIUM PHOSPHATE, SODIUM CITRATE, CELLULOSE GUM, CARRAGEENAN, NATURAL AND ARTIFICIAL FLAVOR, VITAMIN A PALMITATE.

CONTAINS: MILK

Sprinkles

INGREDIENTS: SUGAR, HYDROGENATED PALM KERNEL OIL, CORN STARCH, SOY LECITHIN, FD&C COLORS (YELLOW #6 LAKE, YELLOW #5 LAKE, BLUE #1 LAKE, RED #40 LAKE, RED #3 DYE), MALTODEXTRIN, CARNAUBA WAX, VANILLIN, CELLULOSE GUM **CONTAINS SOY**

Waffle Pieces

INGREDIENTS: BLEACHED ENRICHED WHEAT FLOUR (CONTAINS WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BROWN SUGAR, VEGETABLE OIL SHORTENING (CONTAINS ONE OR MORE OF: CANOLA OIL, MODIFIED PALM OIL, SOYBEAN OIL, SOY LECITHIN), CONTAINS 1.5% OR LESS OF: ARTIFICIAL FLAVOR, OAT FIBER, SALT, SOY LECITHIN.

CONTAINS: WHEAT, SOY