



SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	TOTAL CARBS	SUGARS	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM	IRON
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### LOW-FAT TRADITIONAL STYLE

CINNAMON ROLL	89g	130	25	3g	2g	10mg	70mg	22g	18g	4g	2%	4%	15%	0%
COOKIES N CREAM	89g	120	25	3g	2g	5mg	70mg	21g	17g	4g	2%	4%	15%	0%
RED VELVET CAKE	89g	130	25	3g	2g	5mg	55mg	22g	17g	4g	2%	2%	15%	0%
ESPRESSO	89g	120	25	3g	2g	5mg	60mg	19g	16g	4g	2%	4%	15%	0%
FRENCH VANILLA	89g	120	25	3g	2g	5mg	60mg	19g	16g	4g	2%	4%	15%	0%
PEANUT BUTTER	89g	160	60	7g	2g	5mg	55mg	20g	13g	4g	2%	2%	8%	0%
ROCKY ROAD	89g	120	15	1.5g	0.5g	0	65mg	24g	20g	4g	0%	2%	15%	8%
STRAWBERRY	89g	120	25	3g	2g	5mg	65mg	20g	16g	4g	2%	4%	15%	0%
TRIPLE CHOCOLATE	89g	130	25	2.5g	2g	5mg	55mg	22g	17g	4g	2%	2%	15%	4%
WHITE CHOCOLATE MOUSSE	89g	140	25	2.5g	2g	5mg	55mg	25g	21g	3g	2%	2%	15%	0%
SEA SALTED CARAMEL PRETZEL	89g	120	25	3g	2g	5mg	170mg	19g	16g	4g	2%	4%	15%	0%

### NON-FAT TRADITIONAL STYLE

BIRTHDAY CAKE	89g	100	0	0	0	0	55mg	22g	16g	3g	0%	2%	15%	0%
CHEESECAKE	89g	120	0	0	0	0	60mg	25g	18g	3g	0%	2%	15%	0%
DREAMY DARK CHOCOLATE	88g	120	0	0	0	0	65mg	26g	18g	3g	0%	2%	10%	15%
LEMON ICEBOX PIE	89g	110	0	0	0	0	55mg	23g	18g	3g	0%	2%	10%	0%
PEACH MEDLEY	89g	110	0	0	0	0	5mg	22g	14g	3g	2%	4%	10%	0%
TAHITIAN VANILLA	89g	100	0	0	0	0	55mg	21g	16g	4g	0%	2%	15%	0%
VANILLA BEAN	89g	100	0	0	0	0	55mg	22g	16g	3g	0%	2%	15%	0%

### NON-FAT TART STYLE

BLUEBERRY TART	89g	120	0	0	0	0	65mg	24g	23g	4g	0%	2%	15%	0%
CALIFORNIA TART	89g	90	0	0	0	0	50mg	19g	17g	3g	0%	2%	10%	0%
CLASSIC TART	89g	100	0	0	0	0	65mg	21g	20g	4g	0%	2%	15%	0%
ITALIAN STYLE TART	88g	90	0	0	0	0	50mg	18g	16g	2g	0%	2%	10%	0%

### NON-FAT ENERGY

POMEGRANATE ENERGY	89g	120	0	0	0	0	90mg	24g	23g	4g	0%	2%	15%	0%
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### NON-FAT NO SUGAR ADDED

CHOCOLATE	89g	80	0	0	0	0	85mg	17g	6g	5g	0%	4%	15%	4%
TAHITIAN VANILLA	89g	80	0	0	0	0	80mg	16g	6g	4g	0%	4%	15%	4%
WILD STRAWBERRY	89g	80	0	0	0	0	80mg	16g	6g	4g	0%	4%	15%	0%

### NON-FAT NON-DAIRY SORBETS

MANGO SORBET	89g	90	0	0	0	0	0	22g	19g	0	0%	0%	0%	0%
PINK LEMONADE SORBET	89g	90	0	0	0	0	0	22g	19g	0	0%	0%	0%	0%
TROPICAL SORBET	89g	100	0	0	0	0	0	24g	20g	0	0%	2%	0%	0%
VALENCIA ORANGE SORBET	89g	90	0	0	0	0	0	22g	19g	0	0%	0%	0%	0%
WATERMELON SORBET	89g	90	0	0	0	0	0	5g	19g	0	0%	0%	0%	0%

### SEASONAL FLAVORS

CHOCOLATE MINT NON-FAT	89g	120	0	0	0	0	40mg	26g	18g	3g	0%	2%	10%	6%
EGG NOG-LOW FAT	89g	110	25	3g	2g	0	50mg	18g	13g	3g	2%	2%	10%	0%
PUMPKIN PIE-LOW FAT	89g	120	25	3g	2g	5mg	50mg	22g	16g	3g	6%	2%	10%	0%
SPICED APPLE PIE-LOW FAT	89g	130	25	3g	2g	5mg	70mg	23g	19g	4g	2%	4%	20%	4%
CANDY CANE	89g	110	0	0g	0g	0mg	55mg	22g	17g	4g	0%	2%	15%	0%
MALTED CANDY EASTER EGG	89g	110	0	0g	0g	0mg	70mg	22g	17g	4g	0%	4%	15%	0%



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