

Rainbow Cone Nutritional Information

Feature Flavors	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (Iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Double Scoop, Cone (2 scoops)	60	0	0	0	0	0	20	13	0	4	1	0	0	10	1
Double Scoop, Cone (2 scoops) with Big Muddy Ice Cream	748	273	30	19	0	83	268	112	3	76	1	0	0	13	1
Double Scoop, Cone (2 scoops) with Birthday Cake Ice Cream	677	305	34	22	0	77	236	90	0	63	10	0	0	331	1
Double Scoop, Cone (2 scoops) with Black Walnut Ice Cream	679	352	39	20	0	81	232	75	0	56	1	0	0	13	1
Double Scoop, Cone (2 scoops) with Blueberry Waffle Cone Ice Cream	687	296	33	24	0	75	244	91	0	70	10	0	0	326	1
Double Scoop, Cone (2 scoops) with Butter Pecan Ice Cream	736	405	45	23	0	80	374	74	3	55	11	0	0	354	1
Double Scoop, Cone (2 scoops) with Campfire S'Mores Ice Cream	730	274	30	18	0	61	233	107	0	74	10	0	0	284	1
Double Scoop, Cone (2 scoops) with Chocolate Chip Cookie Ice Cream	694	299	33	21	0	76	292	95	0	67	10	0	0	324	1
Double Scoop, Cone (2 scoops) with Chocolate Ice Cream	639	290	32	19	0	80	229	81	3	59	11	0	0	338	4
Double Scoop, Cone (2 scoops) with Chocolate Peanut Butter Ice Cream	785	381	42	21	0	76	443	79	6	55	16	0	0	315	4
Double Scoop, Cone (2 scoops) with Coconut Explosion Ice Cream	744	364	40	25	0	78	238	85	3	60	10	0	0	352	1
Double Scoop, Cone (2 scoops) with Cookies and Cream Ice Cream	690	312	35	22	0	79	303	89	0	61	10	0	0	350	1
Double Scoop, Cone (2 scoops) with Mint Chocolate Chip Ice Cream	690	312	35	25	0	79	225	85	3	64	10	0	0	350	4
Double Scoop, Cone (2 scoops) with Orange Sherbet	458	34	4	2	0	12	95	103	0	74	3	0	0	127	1
Double Scoop, Cone (2 scoops) with Palmer House New York Ice Cream	647	293	33	16	0	65	216	85	0	63	11	0	0	336	1
Double Scoop, Cone (2 scoops) with Pirate's Bounty Ice Cream	738	305	34	22	0	77	328	96	0	69	10	0	0	10	1
Double Scoop, Cone (2 scoops) with Pistachio Almond Ice Cream	720	386	43	20	0	83	301	76	3	54	1	0	0	13	1
Double Scoop, Cone (2 scoops) with Premium Vanilla Ice Cream	614	264	29	20	0	81	232	78	0	56	11	0	0	368	1
Double Scoop, Cone (2 scoops) with Raspberry Lemon Sorbet	396	0	0	0	0	0	44	99	0	71	1	0	0	10	1
Double Scoop, Cone (2 scoops) with Salted Caramel Mackinac Ice Cream	717	296	33	24	0	75	244	94	3	73	10	0	0	338	1
Double Scoop, Cone (2 scoops) with Strawberry Ice Cream	634	245	27	18	0	76	201	82	0	61	1	0	0	13	1
Double Scoop, Cone (2 scoops) with Superman Ice Cream	588	267	30	20	0	83	235	79	0	57	11	0	0	357	1
Double Scoop, Cup (2 scoops)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Double Scoop, Cup (2 scoops) with Big Muddy Ice Cream	688	273	30	19	0	83	248	99	3	72	0	0	0	3	0
Double Scoop, Cup (2 scoops) with Birthday Cake Ice Cream	617	305	34	22	0	77	216	77	0	59	9	0	0	321	0
Double Scoop, Cup (2 scoops) with Black Walnut Ice Cream	619	352	39	20	0	81	212	62	0	52	0	0	0	3	0
Double Scoop, Cup (2 scoops) with Blueberry Waffle Cone Ice Cream	627	296	33	24	0	75	224	78	0	66	9	0	0	316	0
Double Scoop, Cup (2 scoops) with Butter Pecan Ice Cream	676	405	45	23	0	80	354	61	3	51	10	0	0	344	0
Double Scoop, Cup (2 scoops) with Campfire S'Mores Ice Cream	670	274	30	18	0	61	213	94	0	70	9	0	0	274	1
Double Scoop, Cup (2 scoops) with Chocolate Chip Cookie Ice Cream	634	299	33	21	0	76	272	82	0	63	9	0	0	314	0
Double Scoop, Cup (2 scoops) with Chocolate Ice Cream	579	290	32	19	0	80	209	68	3	55	10	0	0	328	3
Double Scoop, Cup (2 scoops) with Chocolate Peanut Butter Ice Cream	725	381	42	21	0	76	423	66	6	51	15	0	0	305	3
Double Scoop, Cup (2 scoops) with Coconut Explosion Ice Cream	684	364	40	25	0	78	218	72	3	56	9	0	0	342	0
Double Scoop, Cup (2 scoops) with Cookies and Cream Ice Cream	630	312	35	22	0	79	283	76	0	57	9	0	0	340	0
Double Scoop, Cup (2 scoops) with Mint Chocolate Chip Ice Cream	630	312	35	25	0	79	205	72	3	60	9	0	0	340	3
Double Scoop, Cup (2 scoops) with Orange Sherbet	398	34	4	2	0	12	75	90	0	70	2	0	0	117	0
Double Scoop, Cup (2 scoops) with Palmer House New York Ice Cream	587	293	33	16	0	65	196	72	0	59	10	0	0	326	1
Double Scoop, Cup (2 scoops) with Pirate's Bounty Ice Cream	678	305	34	22	0	77	308	83	0	65	9	0	0	0	0
Double Scoop, Cup (2 scoops) with Pistachio Almond Ice Cream	660	386	43	20	0	83	281	63	3	50	0	0	0	3	0
Double Scoop, Cup (2 scoops) with Premium Vanilla Ice Cream	554	264	29	20	0	81	212	65	0	52	10	0	0	358	0
Double Scoop, Cup (2 scoops) with Raspberry Lemon Sorbet	396	0	0	0	0	0	24	86	0	67	0	0	0	0	0
Double Scoop, Cup (2 scoops) with Salted Caramel Mackinac Ice Cream	657	296	33	24	0	75	224	81	3	69	9	0	0	328	0
Double Scoop, Cup (2 scoops) with Strawberry Ice Cream	574	245	27	18	0	76	181	89	0	57	0	0	0	3	0
Double Scoop, Cup (2 scoops) with Superman Ice Cream	528	267	30	20	0	83	215	66	0	53	10	0	0	347	0
Hand Packed Pints (1 pint)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Hand Packed Pints (1 pint) with Big Muddy Ice Cream	1102	436	48	31	0	132	397	159	4	115	0	0	0	4	0
Hand Packed Pints (1 pint) with Birthday Cake Ice Cream	987	488	54	35	0	123	345	123	0	94	15	0	0	513	0
Hand Packed Pints (1 pint) with Black Walnut Ice Cream	991	563	63	31	0	130	339	99	0	83	0	0	0	5	0
Hand Packed Pints (1 pint) with Blueberry Waffle Cone Ice Cream	1003	473	53	38	0	119	358	124	0	105	14	0	0	506	0
Hand Packed Pints (1 pint) with Butter Pecan Ice Cream	1081	648	72	36	0	129	566	98	5	82	15	0	0	551	0
Hand Packed Pints (1 pint) with Campfire S'Mores Ice Cream	1072	439	49	29	0	97	341	151	0	112	15	0	0	439	1
Hand Packed Pints (1 pint) with Chocolate Chip Cookie Dough Ice Cream	1015	479	53	34	0	121	435	131	0	102	15	0	0	503	0
Hand Packed Pints (1 pint) with Chocolate Ice Cream	926	463	51	31	0	129	335	108	5	87	15	0	0	525	5
Hand Packed Pints (1 pint) with Chocolate Peanut Butter Swirl Ice Cream	1160	609	68	34	0	121	677	106	10	82	24	0	0	488	5
Hand Packed Pints (1 pint) with Coconut Explosion Ice Cream	1095	582	65	40	0	124	348	114	5	90	15	0	0	547	0
Hand Packed Pints (1 pint) with Cookies and Cream Ice Cream	1008	499	55	35	0	126	453	121	0	91	15	0	0	544	0
Hand Packed Pints (1 pint) with Mint Chocolate Chip Ice Cream	1008	499	55	40	0	126	327	116	5	96	15	0	0	544	5
Hand Packed Pints (1 pint) with Orange Sherbet	637	54	6	4	0	20	119	143	0	111	4	0	0	187	0
Hand Packed Pints (1 pint) with Palmer House New York Ice Cream	939	469	52	26	0	104	313	115	0	94	16	0	0	521	1
Hand Packed Pints (1 pint) with Pirate's Bounty Ice Cream	1085	488	54	35	0	123	493	133	0	104	15	0	0	0	0
Hand Packed Pints (1 pint) with Pistachio Almond Ice Cream	1057	618	69	32	0	132	449	100	5	79	0	0	0	5	0
Hand Packed Pints (1 pint) with Premium Vanilla Ice Cream	886	422	47	31	0	130	339	104	0	83	16	0	0	574	1
Hand Packed Pints (1 pint) with Raspberry Lemon Sorbet	538	0	0	0	0	0	38	138	0	108	0	0	0	0	0
Hand Packed Pints (1 pint) with Salted Caramel Mackinac Ice Cream	1051	473	53	38	0	119	358	129	5	110	14	0	0	525	0
Hand Packed Pints (1 pint) with Strawberry Ice Cream	918	392	44	29	0	121	290	111	0	92	0	0	0	5	0
Hand Packed Pints (1 pint) with Superman Ice Cream	845	428	48	32	0	132	343	106	0	85	16	0	0	555	0
Hand Packed Quarts (1 quart)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Hand Packed Quarts (1 quart) with Big Muddy Ice Cream	2203	872	97	62	0	264	793	317	9	229	0	0	0	9	0
Hand Packed Quarts (1 quart) with Birthday Cake Ice Cream	1974	977	109	69	0	247	691	247	0	187	30	0	0	1026	0
Hand Packed Quarts (1 quart) with Black Walnut Ice Cream	1981	1126	125	63	0	261	678	198	0	167	0	0	0	10	0
Hand Packed Quarts (1 quart) with Blueberry Waffle Cone Ice Cream	2006	946	105	76	0	239	716	248	0	210	29	0	0	1013	0
Hand Packed Quarts (1 quart) with Butter Pecan Ice Cream	2162	1297	144	72	0	257	1132	196	10	165	31	0	0	1101	0
Hand Packed Quarts (1 quart) with Campfire S'Mores Ice Cream	2144	877	97	58	0	195	682	302	0	224	29	0	0	877	3
Hand Packed Quarts (1 quart) with Chocolate Chip Cookie Dough Ice Cream	2030	957	106	68	0	242	870	261	0	203	29	0	0	1005	0
Hand Packed Quarts (1 quart) with Chocolate Ice Cream	1853	926	103	62	0	257	669	216	10	175	31	0	0	1050	10
Hand Packed Quarts (1 quart) with Chocolate Peanut Butter Swirl Ice Cream	2320	1218	135	68	0	242	1354	213	19	164	48	0	0	976	10
Hand Packed Quarts (1 quart) with Coconut Explosion Ice Cream	2189	1164	129	80	0	249	697	229	10	179	30	0	0	1095	0
Hand Packed Quarts (1 quart) with Cookies and Cream Ice Cream	2015	998	111	71	0	252	907	242	0	181	30	0	0	1088	0
Hand Packed Quarts (1 quart) with Mint Chocolate Chip Ice Cream	2015	998	111	81	0	252	655	232	10	191	30	0	0	1088	10
Hand Packed Quarts (1 quart) with Orange Sherbet	1274	107	12	8	0	40	239	287	0	223	8	0	0	374	0
Hand Packed Quarts (1 quart) with Palmer House New York Ice Cream	1877	939	104	52	0	209	626	229	0	188	31	0	0	1043	2
Hand Packed Quarts (1 quart) with Pirate's Bounty Ice Cream	2171	977	109	69	0	247	987	266	0	207	30	0	0	0	0
Hand Packed Quarts (1 quart) with Pistachio Almond Ice Cream	2113	1236	137	63	0	264	898	201	11	158	0	0	0	11	0
Hand Packed Quarts (1 quart) with Premium Vanilla Ice Cream	1773	845	94	63	0	261	678	209	0	167	31	0	0	1147	1
Hand Packed Quarts (1 quart) with Raspberry Lemon Sorbet	1075	0	0	0	0	0	77	276	0	215	0	0	0	0	1
Hand Packed Quarts (1 quart) with Salted Caramel Mackinac Ice Cream	2101	946	105	76	0	239	716	258	10	220	29	0	0	1051	0
Hand Packed Quarts (1 quart) with Strawberry Ice Cream	1837	783	87	58	0	242	580	222	0	184	0	0	0	10	0
Hand Packed Quarts (1 quart) with Superman Ice Cream	1691	856	95	63	0	264	687	211	0	169	32	0	0	1109	0
Single Scoop, Cone (1 scoop)	60	0	0	0	0	0	20	13	0	4	1	0	0	10	1
Single Scoop, Cone (1 scoop) with Big Muddy Ice Cream	404	136	15	10	0	41	144	63	1	40	1	0	0	11	1
Single Scoop, Cone (1 scoop) with Birthday Cake Ice Cream	368	153	17	11	0	39	128	52	0	33	6	0	0	170	1
Single Scoop, Cone (1 scoop) with Black Walnut Ice Cream	370	176	20	10	0	41	126	44	0	36	1	0	0	12	1
Single Scoop, Cone (1 scoop) with Blueberry Waffle Cone Ice Cream	373	148	16	12	0	37	132	52	0	37	5	0	0	168	1
Single Scoop, Cone (1 scoop) with Butter Pecan Ice Cream	398	203	23	11	0	40	197	44	2	30	6	0	0		

Single Scoop, Cone (1 scoop) with Raspberry Lemon Sorbet	228	0	0	0	0	0	32	56	0	38	1	0	0	10	1
Single Scoop, Cone (1 scoop) with Salted Caramel Mackinac	388	148	16	12	0	37	132	53	1	38	5	0	0	174	1
Single Scoop, Cone (1 scoop) with Strawberry Ice Cream	347	122	14	9	0	38	111	48	0	33	1	0	0	12	1
Single Scoop, Cone (1 scoop) with Superman Ice Cream	324	134	15	10	0	41	127	46	0	30	6	0	0	183	1
Single Scoop, Cup (1 scoop)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Single Scoop, Cup (1 scoop) with Big Muddy Ice Cream	275	109	12	8	0	33	99	40	1	29	0	0	0	1	0
Single Scoop, Cup (1 scoop) with Birthday Cake Ice Cream	247	122	14	9	0	31	86	31	0	23	4	0	0	128	0
Single Scoop, Cup (1 scoop) with Black Walnut Ice Cream	248	141	16	8	0	33	85	25	0	21	0	0	0	1	0
Single Scoop, Cup (1 scoop) with Blueberry Waffle Cone Ice Cream	251	118	13	10	0	30	90	31	0	26	4	0	0	127	0
Single Scoop, Cup (1 scoop) with Butter Pecan Ice Cream	270	162	18	9	0	32	142	24	1	21	4	0	0	138	0
Single Scoop, Cup (1 scoop) with Campfire S'Mores Ice Cream	268	110	12	7	0	24	85	38	0	28	4	0	0	110	0
Single Scoop, Cup (1 scoop) with Chocolate Chip Cookie Dough	254	120	13	8	0	30	109	33	0	25	4	0	0	126	0
Single Scoop, Cup (1 scoop) with Chocolate Ice Cream	232	116	13	8	0	32	84	27	1	22	4	0	0	131	1
Single Scoop, Cup (1 scoop) with Chocolate Peanut Butter Swirl	290	152	17	8	0	30	169	27	2	21	6	0	0	122	1
Single Scoop, Cup (1 scoop) with Coconut Explosion Ice Cream	274	146	16	10	0	31	87	29	1	22	4	0	0	137	0
Single Scoop, Cup (1 scoop) with Cookies and Cream Ice Cream	252	125	14	9	0	31	113	30	0	23	4	0	0	136	0
Single Scoop, Cup (1 scoop) with Mint Chocolate Chip Ice Cream	252	125	14	10	0	31	82	29	1	24	4	0	0	136	1
Single Scoop, Cup (1 scoop) with Orange Sherbet	159	13	1	1	0	5	30	36	0	28	1	0	0	47	0
Single Scoop, Cup (1 scoop) with Palmer House New York Cheesecake	235	117	13	7	0	26	78	29	0	23	4	0	0	130	0
Single Scoop, Cup (1 scoop) with Pirate's Bounty Ice Cream	271	122	14	9	0	31	123	33	0	26	4	0	0	0	0
Single Scoop, Cup (1 scoop) with Pistachio Almond Ice Cream	264	155	17	8	0	33	112	25	1	20	0	0	0	1	0
Single Scoop, Cup (1 scoop) with Premium Vanilla Ice Cream	222	106	12	8	0	33	85	26	0	21	4	0	0	143	0
Single Scoop, Cup (1 scoop) with Raspberry Lemon Sorbet	134	0	0	0	0	0	10	35	0	27	0	0	0	0	0
Single Scoop, Cup (1 scoop) with Salted Caramel Mackinac Ice Cream	263	118	13	10	0	30	90	32	1	27	4	0	0	131	0
Single Scoop, Cup (1 scoop) with Strawberry Ice Cream	230	98	11	7	0	30	73	28	0	23	0	0	0	1	0
Single Scoop, Cup (1 scoop) with Superman Ice Cream	211	107	12	8	0	33	86	26	0	21	4	0	0	139	0
Triple Scoop, Cone (3 scoops)	60	0	0	0	0	0	20	13	0	4	1	0	0	10	1
Triple Scoop, Cone (3 scoops) with Big Muddy Ice Cream	1093	409	45	29	0	124	392	162	4	111	1	0	0	14	1
Triple Scoop, Cone (3 scoops) with Birthday Cake Ice Cream	985	458	51	32	0	116	344	129	0	92	15	0	0	491	1
Triple Scoop, Cone (3 scoops) with Black Walnut Ice Cream	989	528	59	29	0	122	338	106	0	82	1	0	0	15	1
Triple Scoop, Cone (3 scoops) with Blueberry Waffle Cone Ice Cream	1000	443	49	36	0	112	356	129	0	103	14	0	0	485	1
Triple Scoop, Cone (3 scoops) with Butter Pecan Ice Cream	1073	608	68	34	0	121	551	105	5	81	15	0	0	526	1
Triple Scoop, Cone (3 scoops) with Campfire S'Mores Ice Cream	1065	411	46	27	0	91	340	155	0	109	15	0	0	421	2
Triple Scoop, Cone (3 scoops) with Chocolate Chip Cookie Dough	1012	449	50	32	0	113	428	135	0	99	15	0	0	481	1
Triple Scoop, Cone (3 scoops) with Chocolate Ice Cream	929	434	48	29	0	121	334	114	5	86	15	0	0	502	5
Triple Scoop, Cone (3 scoops) with Chocolate Peanut Butter Swirl	1148	571	63	32	0	113	654	113	9	81	24	0	0	468	5
Triple Scoop, Cone (3 scoops) with Coconut Explosion Ice Cream	1086	546	61	37	0	117	346	120	5	88	15	0	0	523	1
Triple Scoop, Cone (3 scoops) with Cookies and Cream Ice Cream	1005	468	52	33	0	118	445	126	0	89	15	0	0	520	1
Triple Scoop, Cone (3 scoops) with Mint Chocolate Chip Ice Cream	1005	468	52	38	0	118	327	122	5	94	15	0	0	520	5
Triple Scoop, Cone (3 scoops) with Orange Sherbet	657	50	6	4	0	19	132	147	0	108	5	0	0	185	1
Triple Scoop, Cone (3 scoops) with Palmer House New York Cheesecake	940	440	49	24	0	98	313	121	0	92	16	0	0	499	1
Triple Scoop, Cone (3 scoops) with Pirate's Bounty Ice Cream	1078	458	51	32	0	116	483	138	0	101	15	0	0	10	1
Triple Scoop, Cone (3 scoops) with Pistachio Almond Ice Cream	1051	580	64	30	0	124	441	107	5	78	1	0	0	15	1
Triple Scoop, Cone (3 scoops) with Premium Vanilla Ice Cream	891	396	44	29	0	122	338	111	0	82	16	0	0	548	1
Triple Scoop, Cone (3 scoops) with Raspberry Lemon Sorbet	564	0	0	0	0	0	56	143	0	105	1	0	0	10	1
Triple Scoop, Cone (3 scoops) with Salted Caramel Mackinac Ice Cream	1045	443	49	36	0	112	356	134	4	107	14	0	0	503	1
Triple Scoop, Cone (3 scoops) with Strawberry Ice Cream	921	367	41	27	0	113	292	117	0	90	1	0	0	15	1
Triple Scoop, Cone (3 scoops) with Superman Ice Cream	852	401	45	30	0	124	342	112	0	83	16	0	0	530	1
Triple Scoop, Cup (3 scoops)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Triple Scoop, Cup (3 scoops) with Big Muddy Ice Cream	1033	409	45	29	0	124	372	149	4	107	0	0	0	4	0
Triple Scoop, Cup (3 scoops) with Birthday Cake Ice Cream	925	458	51	32	0	116	324	116	0	88	14	0	0	481	0
Triple Scoop, Cup (3 scoops) with Black Walnut Ice Cream	929	528	59	29	0	122	318	93	0	78	0	0	0	5	0
Triple Scoop, Cup (3 scoops) with Blueberry Waffle Cone Ice Cream	940	443	49	36	0	112	336	116	0	99	13	0	0	475	0
Triple Scoop, Cup (3 scoops) with Butter Pecan Ice Cream	1013	608	68	34	0	121	531	122	5	77	14	0	0	516	0
Triple Scoop, Cup (3 scoops) with Campfire S'Mores Ice Cream	1005	411	46	27	0	91	320	142	0	105	14	0	0	411	1
Triple Scoop, Cup (3 scoops) with Chocolate Chip Cookie Dough	952	449	50	32	0	113	408	122	0	95	14	0	0	471	0
Triple Scoop, Cup (3 scoops) with Chocolate Ice Cream	869	434	48	29	0	121	314	101	5	82	14	0	0	492	5
Triple Scoop, Cup (3 scoops) with Chocolate Peanut Butter Swirl	1088	571	63	32	0	113	634	100	9	77	23	0	0	458	5
Triple Scoop, Cup (3 scoops) with Coconut Explosion Ice Cream	1026	546	61	37	0	117	328	107	5	84	14	0	0	513	0
Triple Scoop, Cup (3 scoops) with Cookies and Cream Ice Cream	945	468	52	33	0	118	425	113	0	85	14	0	0	510	0
Triple Scoop, Cup (3 scoops) with Mint Chocolate Chip Ice Cream	945	468	52	38	0	118	307	109	5	90	14	0	0	510	5
Triple Scoop, Cup (3 scoops) with Orange Sherbet	597	50	6	4	0	19	112	134	0	104	4	0	0	175	0
Triple Scoop, Cup (3 scoops) with Palmer House New York Cheesecake	880	440	49	24	0	98	293	108	0	88	15	0	0	489	1
Triple Scoop, Cup (3 scoops) with Pirate's Bounty Ice Cream	1018	458	51	32	0	116	463	125	0	97	14	0	0	0	0
Triple Scoop, Cup (3 scoops) with Pistachio Almond Ice Cream	991	580	64	30	0	124	421	94	5	74	0	0	0	5	0
Triple Scoop, Cup (3 scoops) with Premium Vanilla Ice Cream	831	396	44	29	0	122	318	98	0	78	15	0	0	538	0
Triple Scoop, Cup (3 scoops) with Raspberry Lemon Sorbet	504	0	0	0	0	0	36	130	0	101	0	0	0	0	0
Triple Scoop, Cup (3 scoops) with Salted Caramel Mackinac Ice Cream	985	443	49	36	0	112	336	121	4	103	13	0	0	493	0
Triple Scoop, Cup (3 scoops) with Strawberry Ice Cream	861	367	41	27	0	113	272	104	0	86	0	0	0	5	0
Triple Scoop, Cup (3 scoops) with Superman Ice Cream	792	401	45	30	0	124	322	99	0	79	15	0	0	520	0
Waffle Cone (1 waffle cone)	95	20	2	1	0	0	0	18	0	8	0	0	0	3	0
The Original Rainbow Cones	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)
Cake Roll, 12 Inch (1 cake roll)	6021	2312	257	112	0	581	5441	868	28	609	77	0	0	1251	32
Cake Roll, 6 Inch (1 cake roll)	3011	1156	128	56	0	291	2721	434	14	305	38	0	0	626	16
Cake Roll, Slice (1 slice)	421	162	18	8	0	41	381	61	2	43	5	0	0	88	2
Chocolate Roll (1 cake)	5200	1620	180	40	0	400	8600	840	40	500	100	0	0	600	54
Rainbow Cone, Baby (1 cone)	240	94	10	6	0	24	77	33	0	23	2	0	0	62	0
Rainbow Cone, Original (1 cone)	500	189	21	12	0	48	165	72	1	51	4	0	0	132	1
Rainbow Pint with Two Cones (1 pint)	663	234	26	14	0	60	219	98	1	66	6	0	0	170	2
Rainbow Quart with Four Cones (1 quart)	1327	467	52	29	0	119	438	196	2	132	12	0	0	340	3
Mini Donuts	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)
Banana Nutella Mini Donuts, Dozen (1 box)	472	115	13	4	0	31	609	80	4	40	8	38	5	80	4
Banana Nutella Mini Donuts, Half Dozen (1 box)	246	59	7	2	0	17	328	42	2	21	4	19	3	42	2
Cinnamon Roll Mini Donuts, Dozen (1 serving)	469	31	3	1	0	31	598	102	2	67	6	4	0	58	4
Cinnamon Roll Mini Donuts, Half Dozen (1 serving)	244	17	2	0	0	17	322	53	1	34	3	2	0	31	2
Cinnamon Sugar Mini Donuts, Dozen (1 box)	373	31	3	1	0	31	597	78	2	44	6	4	0	58	4
Cinnamon Sugar Mini Donuts, Half Dozen (1 box)	197	17	2	0	0	17	322	41	1	23	3	2	0	31	2
Classic Glazed Mini Donuts, Dozen, Plating (1 box)	356	31	3	1	0	31	597	74	1	40	5	0	0	46	3
Classic Glazed Mini Donuts, Half Dozen (1 box)	188	17	2	0	0	17	322	39	1	21	3	0	0	25	2
Cookies and Cream Mini Donuts, Dozen (1 box)	586	111	12	3	0	31	757	109	1	60	7	0	0	64	5

Cookies and Cream Mini Donuts, Half Dozen (1 box)	303	56	6	2	0	17	401	57	1	31	4	0	0	34	3
Ice Creams for A La Mode Donuts (1 scoop)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Ice Creams for A La Mode Donuts (1 scoop) with Big Muddy I	275	109	12	8	0	33	99	40	1	29	0	0	0	1	0
Ice Creams for A La Mode Donuts (1 scoop) with Birthday Ca	247	122	14	9	0	31	86	31	0	23	4	0	0	128	0
Ice Creams for A La Mode Donuts (1 scoop) with Black Walnu	248	141	16	8	0	33	85	25	0	21	0	0	0	1	0
Ice Creams for A La Mode Donuts (1 scoop) with Blueberry W	251	118	13	10	0	30	90	31	0	26	4	0	0	127	0
Ice Creams for A La Mode Donuts (1 scoop) with Butter Peca	270	162	18	9	0	32	142	24	1	21	4	0	0	138	0
Ice Creams for A La Mode Donuts (1 scoop) with Campfire S'	268	110	12	7	0	24	85	38	0	28	4	0	0	110	0
Ice Creams for A La Mode Donuts (1 scoop) with Chocolate C	254	120	13	8	0	30	109	33	0	25	4	0	0	126	0
Ice Creams for A La Mode Donuts (1 scoop) with Chocolate I	232	116	13	8	0	32	84	27	1	22	4	0	0	131	1
Ice Creams for A La Mode Donuts (1 scoop) with Chocolate F	290	152	17	8	0	30	169	27	2	21	6	0	0	122	1
Ice Creams for A La Mode Donuts (1 scoop) with Coconut Ex	274	146	16	10	0	31	87	29	1	22	4	0	0	137	0
Ice Creams for A La Mode Donuts (1 scoop) with Cookies and	252	125	14	9	0	31	113	30	0	23	4	0	0	136	0
Ice Creams for A La Mode Donuts (1 scoop) with Mint Choco	252	125	14	10	0	31	82	29	1	24	4	0	0	136	1
Ice Creams for A La Mode Donuts (1 scoop) with Orange She	159	13	1	1	0	5	30	36	0	28	1	0	0	47	0
Ice Creams for A La Mode Donuts (1 scoop) with Palmer Hou	235	117	13	7	0	26	78	29	0	23	4	0	0	130	0
Ice Creams for A La Mode Donuts (1 scoop) with Pirate's Bou	271	122	14	9	0	31	123	33	0	26	4	0	0	0	0
Ice Creams for A La Mode Donuts (1 scoop) with Pistachio Al	264	155	17	8	0	33	112	25	1	20	0	0	0	1	0
Ice Creams for A La Mode Donuts (1 scoop) with Premium Va	222	106	12	8	0	33	85	26	0	21	4	0	0	143	0
Ice Creams for A La Mode Donuts (1 scoop) with Raspberri	134	0	0	0	0	0	10	35	0	27	0	0	0	0	0
Ice Creams for A La Mode Donuts (1 scoop) with Salted Cara	263	118	13	10	0	30	90	32	1	27	4	0	0	131	0
Ice Creams for A La Mode Donuts (1 scoop) with Strawberry	230	98	11	7	0	30	73	28	0	23	0	0	0	1	0
Ice Creams for A La Mode Donuts (1 scoop) with Superman I	211	107	12	8	0	33	86	26	0	21	4	0	0	139	0
Plain Mini Donuts, Dozen (1 box)	261	31	3	1	0	31	597	50	1	17	5	0	0	46	3
Plain Mini Donuts, Half Dozen (1 box)	140	17	2	0	0	17	322	27	1	9	3	0	0	25	2
Powdered Sugar Mini Donuts, Dozen (1 box)	373	31	3	1	0	31	597	78	2	44	6	4	0	58	4
Turtle Mini Donuts, Dozen (1 box)	460	69	8	4	0	31	693	89	2	43	5	0	0	56	3
Turtle Mini Donuts, Half Dozen (1 box)	240	36	4	2	0	17	369	46	1	22	3	0	0	30	2
Vanilla Sprinkle Mini Donuts, Dozen (1 box)	486	65	7	4	0	31	613	98	1	61	5	0	0	46	3
Vanilla Sprinkle Mini Donuts, Half Dozen (1 box)	253	34	4	2	0	17	329	51	1	31	3	0	0	25	2
Sundaes	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Classic Banana Split (1 sundae)	1027	481	53	34	0	56	174	123	8	89	12	376	20	247	4
Hot Fudge Sundae, Large (1 sundae)	822	420	47	28	0	56	232	86	4	62	13	100	0	282	2
Hot Fudge Sundae, Regular (1 sundae)	630	337	37	21	0	37	156	62	3	44	11	100	0	200	1
Strawberry Sundae, Large (1 sundae)	793	353	39	21	0	56	138	95	4	78	6	100	39	55	2
Strawberry Sundae, Regular (1 sundae)	591	292	32	16	0	37	94	63	3	50	6	100	19	46	1
Turtle Sundae (1 sundae)	982	485	54	35	0	56	247	112	3	82	13	300	0	333	3
Hand Dipped Shakes	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Banana Nutella Shake, Large (1 shake)	1254	552	61	36	0	111	437	158	5	124	21	389	12	674	2
Banana Nutella Shake, Regular (1 shake)	774	341	38	23	0	71	312	97	3	76	14	289	6	439	1
Birthday Cake Shake, Large (1 shake)	944	450	50	33	0	111	431	118	0	90	17	313	2	584	1
Birthday Cake Shake, Regular (1 shake)	630	297	33	23	0	71	311	79	0	60	12	251	1	392	1
Chocolate Shake, Large (1 shake)	1027	450	50	36	0	111	495	128	2	99	17	313	2	607	1
Chocolate Shake, Regular (1 shake)	693	301	33	25	0	71	355	87	1	67	12	251	1	405	1
Cookies and Cream Shake, Large (1 shake)	944	450	50	33	0	111	506	114	0	86	17	313	2	599	1
Cookies and Cream Shake, Regular (1 shake)	630	297	33	23	0	71	356	77	0	58	12	251	1	401	1
Mint Flake Shake, Large (1 shake)	1233	565	63	41	0	106	560	152	4	113	19	313	2	617	7
Mint Flake Shake, Regular (1 shake)	804	372	41	27	0	66	367	98	2	73	12	250	1	410	4
New York Vanilla Shake, Large (1 shake)	832	383	43	30	0	111	413	99	0	79	17	313	2	607	1
New York Vanilla Shake, Regular (1 shake)	563	256	28	20	0	71	300	68	0	54	12	251	1	405	1
Peanut Butter Chocolate Shake, Large (1 shake)	1093	551	61	33	0	111	692	107	8	83	25	313	2	573	4
Peanut Butter Chocolate Shake, Regular (1 shake)	720	357	40	23	0	71	468	72	5	56	16	251	1	385	3
Strawberry Banana Shake, Large (1 shake)	1042	389	43	30	0	111	411	147	6	106	17	441	19	535	1
Strawberry Banana Shake, Regular (1 shake)	507	226	25	18	0	61	274	61	0	49	9	251	1	323	1
Beverages	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Bottled Root Beer (1 bottle)	160	0	0	0	0	0	55	43	0	43	0	0	0	0	0
Coffee (1 serving)	0	0	0	0	0	0	8	0	0	0	0	0	0	8	0
Hot Chocolate (1 serving)	230	9	1	0	0	5	228	47	2	44	9	0	0	278	3
Root Beer Float (1 float)	414	121	13	9	0	37	152	73	0	67	4	0	0	164	0
Super Sundaes	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Caramel Turtle Pie Super Sundae (1 sundae)	1154	437	49	31	0	96	620	163	3	113	16	102	0	427	3
Chocolate Peanut Butter Fudge Super Sundae (1 sundae)	1297	541	60	36	0	93	723	166	9	114	13	102	0	208	4
Cookies and Cream Crunch Super Sundae (1 sundae)	1450	605	67	40	0	93	831	194	4	128	17	102	0	412	5
Strawberry Shortcake Super Sundae (1 sundae)	1025	369	41	25	0	90	459	146	4	112	6	102	39	74	3
Sliced Creations	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)

Chocolate Obsession Sliced Creation (1 serving)	488	235	26	16	0	59	217	58	2	44	7	0	0	197	1
Chocolate Obsession Sliced Creation (1 serving) with Cake Cone	548	235	26	16	0	59	237	71	2	48	8	0	0	207	1
Chocolate Obsession Sliced Creation (1 serving) with Ice Cream Cup	488	235	26	16	0	59	217	58	2	44	7	0	0	197	1
Chocolate Obsession Sliced Creation (1 serving) with Waffle Cone	583	255	28	16	0	59	217	76	2	52	7	0	0	200	1
Chocolate Obsession Sliced Creation, Junior (1 serving)	411	175	19	12	0	43	181	53	1	35	7	0	0	190	1
Cosmic Birthday Sliced Creation (1 serving)	423	212	24	15	0	60	161	53	0	41	7	0	0	252	0
Cosmic Birthday Sliced Creation (1 serving) with Cake Cone	483	212	24	15	0	60	181	66	0	45	8	0	0	262	1
Cosmic Birthday Sliced Creation (1 serving) with Ice Cream Cup	423	212	24	15	0	60	161	53	0	41	7	0	0	252	0
Cosmic Birthday Sliced Creation (1 serving) with Waffle Cone	518	232	26	16	0	60	162	71	0	50	7	0	0	255	0
Cosmic Birthday Sliced Creation, Junior (1 serving)	373	157	17	11	0	44	138	52	0	34	6	0	0	194	1
Minty City Sliced Creation (1 serving)	457	227	25	17	0	60	155	53	2	43	7	0	0	251	2
Minty City Sliced Creation (1 serving) with Cake Cone	517	227	25	17	0	60	175	66	2	47	8	0	0	261	3
Minty City Sliced Creation (1 serving) with Ice Cream Cup	457	227	25	17	0	60	155	53	2	43	7	0	0	251	2
Minty City Sliced Creation (1 serving) with Waffle Cone	552	247	27	18	0	60	155	71	2	52	7	0	0	254	2
Minty City Sliced Creation, Junior (1 serving)	394	166	18	12	0	44	134	52	2	36	6	0	0	194	2
Orange Dream Sliced Creation (1 serving)	345	94	10	7	0	30	97	60	0	47	4	0	0	160	0
Orange Dream Sliced Creation (1 serving) with Cake Cone	405	94	10	7	0	30	117	73	0	51	5	0	0	170	1
Orange Dream Sliced Creation (1 serving) with Ice Cream Cup	345	94	10	7	0	30	97	60	0	47	4	0	0	160	0
Orange Dream Sliced Creation (1 serving) with Waffle Cone	440	114	13	8	0	30	97	78	0	55	4	0	0	163	0
Orange Dream Sliced Creation, Junior (1 serving)	318	76	8	6	0	24	95	56	0	38	4	0	0	135	1
Rainbow Cone Sliced Creation, Junior (1 serving)	360	126	14	8	0	32	118	54	1	36	3	0	0	94	1
Blended Espressos	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Blended Caramel Espresso, Large (1 serving)	1569	493	55	37	0	135	731	257	0	183	16	1	0	638	1
Blended Caramel Espresso, Regular (1 serving)	1207	383	43	29	0	103	571	197	0	140	13	1	0	481	1
Blended Espresso, Large (1 serving)	1009	475	53	37	0	135	431	121	0	95	16	1	0	582	1
Blended Espresso, Regular (1 serving)	787	369	41	29	0	103	346	95	0	74	13	1	0	439	1
Blended Mocha Espresso, Large (1 serving)	1529	655	73	55	0	135	651	197	4	147	16	1	0	582	1
Blended Mocha Espresso, Regular (1 serving)	1177	504	56	42	0	103	511	152	3	113	13	1	0	439	1
Cakes	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Chocolate Obsession Cake (1 slice)	636	317	35	23	0	52	359	75	2	58	8	6	0	211	2
Chocolate Obsession Cake (10 slices)	6359	3168	352	227	0	524	3588	746	20	577	82	61	1	2109	18
Classic Rainbow Cone Cake (1 slice)	522	240	27	17	0	42	280	67	1	52	4	0	0	90	1
Classic Rainbow Cone Cake (10 slices)	5222	2401	267	172	0	416	2804	673	7	524	38	0	0	897	10
Cosmic Birthday Cake (1 slice)	524	257	29	20	0	50	294	66	0	51	6	0	0	180	1
Cosmic Birthday Cake (10 slices)	5242	2567	285	199	0	501	2938	664	0	509	64	0	0	1801	6
Minty City Cake (1 slice)	539	264	29	21	0	50	302	65	3	50	7	0	0	184	3
Minty City Cake (10 slices)	5394	2635	293	205	0	497	3019	646	27	499	68	0	0	1836	27
Orange Dream Cake (1 slice)	447	171	19	14	0	30	248	66	0	51	4	0	0	119	1
Orange Dream Cake (10 slices)	4465	1713	190	137	0	300	2479	663	0	505	43	0	0	1187	7
Signature Rainbow Cone Cake (1 slice)	577	279	31	20	0	45	290	71	1	57	5	6	0	122	1
Signature Rainbow Cone Cake (10 slices)	5775	2786	310	197	0	451	2904	710	7	566	47	61	1	1218	10
Ice Cream Sandwiches	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Chocolate Obsession Ice Cream Cookie Sandwich (1 sandwich)	605	301	33	16	0	50	465	68	1	43	6	0	0	132	2
Custom Ice Cream Cookie Sandwich (1 sandwich)	280	144	16	6	0	10	320	30	0	14	2	0	0	0	2
Custom Ice Cream Cookie Sandwich (1 sandwich) with Big M	624	280	31	16	0	51	444	80	1	50	2	0	0	1	2
Custom Ice Cream Cookie Sandwich (1 sandwich) with Birthd	588	297	33	17	0	49	428	69	0	43	7	0	0	160	2
Custom Ice Cream Cookie Sandwich (1 sandwich) with Black	590	320	36	16	0	51	426	61	0	40	2	0	0	2	2
Custom Ice Cream Cookie Sandwich (1 sandwich) with Blueb	593	292	32	18	0	47	432	69	0	47	6	0	0	158	2
Custom Ice Cream Cookie Sandwich (1 sandwich) with Butter	618	347	39	17	0	50	497	61	2	40	7	0	0	172	2
Custom Ice Cream Cookie Sandwich (1 sandwich) with Camp	615	281	31	15	0	40	427	77	0	49	7	0	0	137	2
Custom Ice Cream Cookie Sandwich (1 sandwich) with Chocd	597	294	33	17	0	48	456	71	0	46	7	0	0	157	2
Custom Ice Cream Cookie Sandwich (1 sandwich) with Chocd	570	289	32	16	0	50	425	64	2	41	7	0	0	164	3
Custom Ice Cream Cookie Sandwich (1 sandwich) with Chocd	643	334	37	17	0	48	531	63	3	40	10	0	0	153	3
Custom Ice Cream Cookie Sandwich (1 sandwich) with Coco	622	326	36	18	0	49	429	66	2	42	7	0	0	171	2
Custom Ice Cream Cookie Sandwich (1 sandwich) with Cooki	595	300	33	17	0	49	462	68	0	42	7	0	0	170	2
Custom Ice Cream Cookie Sandwich (1 sandwich) with Mint C	595	300	33	19	0	49	422	66	2	44	7	0	0	170	3
Custom Ice Cream Cookie Sandwich (1 sandwich) with Orang	479	161	18	7	0	16	357	75	0	49	3	0	0	58	2
Custom Ice Cream Cookie Sandwich (1 sandwich) with Palm	573	291	32	14	0	43	418	66	0	43	7	0	0	163	2
Custom Ice Cream Cookie Sandwich (1 sandwich) with Pirat	619	297	33	17	0	49	474	72	0	46	7	0	0	0	2
Custom Ice Cream Cookie Sandwich (1 sandwich) with Pistad	610	337	37	16	0	51	460	61	2	39	2	0	0	2	2
Custom Ice Cream Cookie Sandwich (1 sandwich) with Premi	557	276	31	16	0	51	426	63	0	40	7	0	0	179	2
Custom Ice Cream Cookie Sandwich (1 sandwich) with Rasp	448	144	16	6	0	10	332	73	0	48	2	0	0	0	2
Custom Ice Cream Cookie Sandwich (1 sandwich) with Salted	608	292	32	18	0	47	432	70	1	48	6	0	0	164	2
Custom Ice Cream Cookie Sandwich (1 sandwich) with Straw	567	266	30	15	0	48	411	65	0	43	2	0	0	2	2
Custom Ice Cream Cookie Sandwich (1 sandwich) with Super	544	278	31	16	0	51	427	63	0	40	7	0	0	173	2
Rainbow Cone Ice Cream Cookie Sandwich (1 sandwich)	560	269	30	14	0	42	414	66	1	43	4	0	0	78	2
Rainbow Ice Cream Cookie Sandwich (1 sandwich)	630	273	30	15	0	34	408	83	1	58	4	0	0	61	2
Rainbow Ice Cream Sandwich, 4 Pack (1 sandwich)	630	273	30	15	0	34	408	83	1	58	4	0	0	61	2
Rainbow Ice Cream Sandwich, 4 Pack (4 sandwiches)	2520	1092	121	59	0	136	1632	333	2	233	15	0	0	245	8