Nutrition Guide

Printed on 10-20-2026. Information can change frequently, so check www.Baskinrobbins.com for the most current information.

Before placing your order, please inform your server if anyone in your party has a food allergy.

Trans fat quantities displayed in this guide represent naturally occurring trans fats. All of our products contain zero grams of artificial trans fat.

Limited Time Products

LTO Pre-Packed Quarts	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Sugar Alcohol (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Baseball Nut® Pre-Packed Quart	2/3 cup (102 grams)	250	13	7	0	40	115	30	1	21	16	-	4	0	128	1	204
Beach Day™ Pre-Packed Quart	2/3 cup (102 gram)	290	15	9	0	35	180	35	0	28	23	-	4	0	125	0	179
Love Potion #31® Pre-Packed Quart	2/3 cup (102 grams)	250	13	9	0	40	60	31	1	25	20	-	4	0	125	1	234
Pumpkin Cheesecake Pre-Packed Quart	2/3 Cups (98g)	230	10	6	0	40	115	32	0	25	21	-	4	0	115	0	167

Boxed Novelty Bars	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Sugar Alcohol (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Chocolate Chip Boxed Novelty Bars	1 Bar (60g)	210	14	11	0	20	40	19	1	16	13	-	3	0	79	1	151
Cotton Candy Boxed Novelty Bars	1 Bar (54g)	130	5	3.5	0	20	45	17	0	15	13	-	2	0.1	60	0	80
Jamoca® Almond Fudge Boxed Novelty Bars	1 Bar (62g)	210	14	10	0	20	35	19	1	16	13	-	3	0	74	1	139
Mint Chocolate Chip Boxed Novelty Bars	1 Bar (60g)	210	14	11	0	20	35	19	1	16	13	-	3	0	80	1	147
Pralines 'n Cream Boxed Novelty Bars	1 Bar (62g)	210	13	10	0	20	55	21	1	17	14	-	3	0	80	1	137
Rainbow Sherbet Boxed Novelty Bar	1 Bar (60g)	80	1	1	0	5	15	18	0	17	16	-	1	0	30	0	40

Cake in a Box	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Sugar Alcohol (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Biscoff® Cookie Cake in a Box (520 CAL)	1/10 Cake (148g)	520	28	12	0	50	320	63	1	41	37	-	6	0	86	1	120
Chocolate Chip Cookie Crunch Cake in a Box	1/10 Cake (148g)	450	22	14	0	45	280	58	2	40	35	-	6	0	136	3	338
Cookie Crave Cake in a Box	1/10 Cake (148g)	460	22	13	0	40	320	60	2	40	36	-	6	0.1	130	2.5	320
Mint Cookie Crunch Cake in a Box	1/10 Cake (148g)	450	22	14	0	45	280	58	2	40	35	-	6	0.1	140	2.5	340
Peppermint Avalanche Cake in a Box	1/10 Cake (148g)	450	21	13	0	40	280	62	1	44	39	-	6	0.1	130	2	310

Other Frozen Beverages	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Sugar Alcohol (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Love Potion #31® Cappy™ - Large	32 fl oz	680	27	18	1	80	190	102	1	93	76	-	12	2	403	1	650
Love Potion #31® Cappy™ - Medium	24 fl oz	540	22	14	0.5	65	150	81	1	73	60	-	9	2	315	1	512
Love Potion #31® Cappy™ - Small	16 fl oz	370	15	10	0	40	105	55	1	50	41	-	6	1	210	1	340

Other Frozen Beverages	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Sugar Alcohol (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Peppermint Fudge Cappy™ - Large	32 fl oz	1120	40	31	1	85	430	179	2	150	131	-	15	2	500	2	884
Peppermint Fudge Cappy™ - Medium	24 fl oz	870	31	24	0.5	70	330	138	2	116	100	-	11	2	385	2	672
Peppermint Fudge Cappy™ - Small	16 fl oz	570	21	15	0	45	210	91	1	76	67	-	7	1	250	1	434
Pumpkin Spice Cappy™ - Large	32 fl oz	650	23	14	1	80	260	101	1	90	75	-	11	2.4	390	0.6	550
Pumpkin Spice Cappy™ - Medium	24 fl oz	510	18	11	0.5	65	200	79	1	70	58	-	9	1.8	310	0.5	430
Pumpkin Spice Cappy™ - Small	16 fl oz	330	12	7	0	45	130	52	1	46	38	-	6	1.2	200	0.3	280

Sundaes	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Sugar Alcohol (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Biscoff® Cookie Layered Sundae (1,410 CAL)	1 Sundae (351g)	1410	89	26	1.5	130	360	141	2	93	80	-	13	0	243	0	323
Dubai Chocolate Inspired Sundae	1 Sundae (311g)	1030	57	24	1	85	360	116	9	74	51	-	17	0	325	3	692
OREO® Brookie Batter 1 Scoop Sundae	1 Sundae (131g)	390	17	10	0	30	220	57	2	42	37	-	5	0	128	2	286
OREO® Brookie Batter 2 Scoop Sundae	1 Sundae (220g)	650	28	17	0.5	55	370	93	3	69	61	-	8	0	227	3	501
OREO® Brookie Batter 3 Scoop Sundae	1 Sundae (309g)	900	39	24	1	80	520	129	4	96	85	-	11	0	325	4	716
Triple Treat Feast 1 Scoop Sundae (340 CAL)	1 Sundae (122g)	340	14	6	0	35	120	50	1	32	24	-	5	0	136	1	206
Triple Treat Feast 2 Scoop Sundae (560 CAL)	1 Sundae (208g)	560	21	11	0.5	65	210	84	2	55	42	-	7	0	231	1	340
Triple Treat Feast 3 Scoop Sundae (770 CAL)	1 Sundae (293g)	770	29	16	1	90	290	118	2	78	61	-	10	0	327	1	474
Warm Brownie OREO® Brookie Batter Sundae	1 Sundae	910	38	20	1	85	530	134	5	94	86	-	11	1	252	7	558

Flavors	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Sugar Alcohol (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
America's Birthday CakeTM	2.5 oz Scoop (71g)	200	11	6	0	30	55	23	0	19	15	-	3	0	91	0	125
America's Birthday CakeTM	4 oz Scoop (113g)	320	18	10	0	45	90	36	0	30	24	-	4	0	144	0	199
Banana Dulce de Leche	2.5 oz Scoop (71 grams)	190	9	6	0	40	115	23	0	18	14	-	3	0	89	0	123
Banana Dulce de Leche	4 oz Scoop (113 grams)	300	15	10	0	65	180	37	0	28	22	-	4	0	142	0	196
Biscoff® Crème Brûlée	2.5 oz Scoop (71g)	200	9	5	0	40	75	25	0	19	16	-	3	0	79	0	105
Biscoff® Crème Brûlée	4 oz Scoop (113g)	310	15	8	0	65	115	40	0	31	26	-	4	0	125	0	167
Brookie Batter	2.5 oz Scoop (71g)	190	9	5	0	25	115	25	1	19	16	-	3	0	83	1	166
Brookie Batter	4 oz Scoop (113g)	300	14	8	0	40	180	40	1	30	25	-	4	0	133	1	265
Frosted Sugar Cookie	2.5 oz Scoop (71g)	200	10	5	0	25	55	23	0	17	14	-	2	0	84	0	115

Flavors	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Sugar Alcohol (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Frosted Sugar Cookie	4 oz Scoop (113g)	310	17	8	0	45	90	36	0	27	22	-	4	0	134	0	183
Fútbol Fireworks	2.5 oz Scoop (71g)	170	8	4.5	0	20	40	24	0	20	17	-	2	0	74	0	103
Fútbol Fireworks	4 oz Scoop (113g)	270	13	7	0	35	70	38	0	31	27	-	3	0	118	0	165
Reduced Fat, No Sugar Added Strawberry Shortcake	2.5 oz Scoop (71 g)	130	4.5	2.5	0	15	75	24	2	4	0	15	3	0	81	0	111
Reduced Fat, No Sugar Added Strawberry Shortcake	4 oz Scoop (113g)	200	7	4	0	20	120	39	3	6	0	24	4	0	129	0	177
The Graham	2.5 oz Scoop (71 grams)	200	10	6	0	25	95	23	0	18	14	-	3	0	90	0.3	130
The Graham	4 oz Scoop (113 grams)	310	16	9	0	45	150	37	1	28	23	-	4	0	140	0.5	210
Triple Treat Feast	2.5 oz Scoop (71g)	170	7	4.5	0	25	60	23	0	17	14	-	2	0	86	0	120
Triple Treat Feast	4 oz Scoop (113g)	260	12	7	0	45	90	36	0	28	22	-	4	0	137	0	191

Milkshakes	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Sugar Alcohol (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Biscoff® Cookie Signature Shake (990-1810 CAL)	32 fl oz	1810	82	40	2	305	630	240	2	194	159	-	28	5	856	1	1090
Biscoff® Cookie Signature Shake (990-1810 CAL)	24 fl oz	1400	65	31	1.5	230	480	184	1	148	121	-	21	4	644	1	820
Biscoff® Cookie Signature Shake (990-1810 CAL)	16 fl oz	990	47	21	1	155	330	127	1	101	83	-	15	2	432	0	550
Dubai Chocolate Inspired Shake - Large	32 fl oz	1990	121	48	2	210	700	193	17	138	76	-	39	4	956	6	1638
Dubai Chocolate Inspired Shake - Medium	24 fl oz	1520	92	37	1.5	155	540	150	13	107	60	-	30	3	723	4	1245
Dubai Chocolate Inspired Shake - Small	16 fl oz	1060	63	26	1	105	370	107	9	76	43	-	20	2	490	3	851

Cake in a Box Desserts	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Sugar Alcohol (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Dubai Chocolate Inspired Cake in a Box	1/10 Cake (148g)	540	31	13	0	35	280	61	4	38	28	-	9	0	133	2	373

Creature Creations®	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Sugar Alcohol (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Creature Creations™ Dinosaur	1 Scoop (130g)	350	20	13	0.5	65	70	39	0	30	24	-	4	0	162	0	218
Creature Creations™ Unicorn	1 Scoop (130g)	350	20	13	0.5	65	70	39	0	30	24	-	4	0	162	0	219

Handmade Novelties	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Sugar Alcohol (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Dubai Chocolate Ice Cream Bar (440 CAL)	1 Bar (110g)	440	28	12	0	25	70	40	3	23	11	-	7	0	106	2	340

Handmade Novelties	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Sugar Alcohol (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Made with Biscoff® Crème Brûlée Novelty Bar (370 CAL)	1 Bar (101g)	370	21	12	0	40	130	42	0	30	27	-	4	0	85	0	177

Allergy sufferers should always read the product ingredient statement and allergen information available at www.Baskinrobbins.com Please note that our restaurants prepare and serve products that contain allergens other than the products you select.

Baskin Robbins has made a reasonable effort to provide nutritional and ingredient information based upon standard product formulations and following the FDA guidelines using formulation and nutrition labeling software. Variations may occur due to: seasonal conditions; regional differences; ingredient substitutions and differences in product assembly or size at the restaurant. Test products, limited time offers and regional menu variations may not be included and not all items listed may be available in all restaurants. The information on these printed materials may vary from that which may be available in our restaurants. We will update www.Baskinrobbins.com frequently, so please revisit this site for the most current information. Any customers with further questions regarding specific dietary concerns are advised to visit www.Baskinrobbins.com or call our customer care line at 800-859-5339.

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Permanent Products

Permanent Flavors	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Sugar Alcohol (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Baseball Nut®	2.5 oz Scoop (71 grams)	170	9	4.5	0	25	80	21	0	15	11	-	3	0	89	0	142
Baseball Nut®	1 - 4 oz Scoop (113 grams)	280	14	8	0	45	125	34	1	23	18	-	5	0	141	1	226
Black Walnut	4 oz Scoop (113 grams)	260	18	8	0	50	95	20	1	15	9	-	6	0	166	0	258
Black Walnut	2.5 oz Scoop (71 grams)	160	11	5	0	30	60	12	1	10	6	-	4	0	104	0	162
Cherries Jubilee	1 - 2.5 oz Scoop (71 grams)	150	7	4.5	0	30	45	20	0	16	12	-	2	0	97	0	119
Cherries Jubilee	1 - 4 oz Scoop (113 grams)	240	11	7	0	45	75	31	0	25	20	-	4	0	154	0	190
Chocolate	1 - 2.5 oz Scoop (71 grams)	150	9	6	0	30	75	16	1	12	8	-	3	0	101	1	214
Chocolate	1 - 4 oz Scoop (113 grams)	240	14	9	0	50	115	26	2	19	13	-	5	0	161	2	341
Chocolate Chip	1 - 2.5 oz Scoop (71 grams)	170	10	6	0	35	55	17	1	14	10	-	3	0	100	0.6	170
Chocolate Chip	1 - 4 oz Scoop (113 grams)	260	16	10	0	55	90	28	1	22	16	-	5	0.1	170	0.9	260
Chocolate Chip Cheesecake	2.5 oz Scoop (71 grams)	200	12	6	0	30	85	21	1	16	12	-	3	0	88	1	179
Chocolate Chip Cheesecake	4 oz Scoop (113 grams)	310	19	9	0	50	135	34	2	25	20	-	5	0	141	1	285
Chocolate Chip Cookie Dough	1 - 2.5 oz Scoop (71 grams)	180	10	6	0	35	85	22	0	16	13	-	3	0	91	0	135
Chocolate Chip Cookie Dough	1 - 4 oz Scoop (113 grams)	290	15	9	0.5	55	130	36	1	26	21	-	5	1	145	1	215
Chocolate Fudge	4 oz Scoop (113 grams)	240	15	9	0	50	135	27	2	19	14	-	4	0	114	2	354
Chocolate Fudge	2.5 oz Scoop (71 grams)	150	9	6	0	30	85	17	1	12	9	-	3	0	72	1	223

Permanent Flavors	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Sugar Alcohol (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Chocolate Mousse Royale	1 - 2.5 oz Scoop (71 grams)	190	11	8	0	25	60	22	1	16	13	-	3	0	83	1	199
Chocolate Mousse Royale	4 oz Scoop (113 grams)	310	17	12	0	40	95	35	2	26	21	-	5	0	132	2	317
Cookie Monster	1 - 2.5 oz Scoop (71 grams)	190	10	6	0	30	75	24	0	18	14	-	3	0	92	0	132
Cookie Monster	4 oz Scoop (113 grams)	310	15	9	0	50	120	38	0	28	23	-	5	0	147	1	210
Cotton Candy	1 - 2.5 oz Scoop (71 grams)	160	9	6	0	35	55	16	0	13	9	-	3	0	108	0	146
Cotton Candy	1 - 4 oz Scoop (113 grams)	250	14	9	0.5	55	85	25	0	21	14	-	5	0	173	0	232
Creole Cream Chese	4 oz Scoop (113 grams)	230	13	8	0	55	90	23	0	18	12	-	4	0	162	0	218
Creole Cream Chese	2.5 oz Scoop (71 grams)	150	8	5	0	35	55	15	0	11	8	-	3	0	102	0	137
Daiquiri Ice	1 - 2.5 oz Scoop (71 grams)	90	0	0	0	0	0	22	0	17	17	-	0	0	2	0	2
Daiquiri Ice	1 - 4 oz Scoop (113 grams)	140	0	0	0	0	5	35	0	27	26	-	0	0	2	0	3
Galactic Brownie	2.5 oz Scoop (71 grams)	200	10	6	0	25	65	25	1	20	16	-	3	0	90	1.1	220
Galactic Brownie	4 oz Scoop (113 grams)	310	16	9	0	45	105	39	2	31	26	-	5	0.1	140	1.8	340
Gold Medal Ribbon®	1 - 2.5 oz Scoop (71 grams)	150	8	5	0	30	100	18	0	13	9	-	3	0	100	0	155
Gold Medal Ribbon®	1 - 4 oz Scoop (113 grams)	240	13	8	0	45	160	29	1	21	15	-	5	0	159	1	246
Icing on the Cake®	1 - 2.5 oz Scoop (71 grams)	210	11	6	0	25	60	24	0	19	16	-	3	0	85	0	117
Icing on the Cake®	1 - 4 oz Scoop (113 grams)	330	18	9	0	40	100	39	0	31	26	-	4	0	135	0	186
Jamoca®	1 - 2.5 oz Scoop (71 grams)	140	8	5	0	35	55	13	0	11	7	-	3	0	106	0	141
Jamoca®	1 - 4 oz Scoop (113 grams)	220	13	8	0	55	85	21	0	17	11	-	5	0	168	0	225
Jamoca® Almond Fudge	1 - 2.5 oz	170	9	4.5	0	25	45	19	1	14	10	-	3	0	98	0	170

Permanent Flavors	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Sugar Alcohol (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
	Scoop (71 grams)																
Jamoca® Almond Fudge	1 - 4 oz Scoop (113 grams)	270	15	7	0	40	70	31	1	22	16	-	5	0	156	1	270
Lemon Custard	2.5 oz Scoop (71 grams)	150	8	5	0	45	60	16	0	13	9	-	3	0	109	0	146
Lemon Custard	4 oz Scoop (113 grams)	240	13	8	0	70	100	26	0	21	14	-	5	0	174	0	233
Mint Chocolate Chip	1 - 2.5 oz Scoop (71 grams)	170	10	6	0	35	55	17	1	14	10	-	3	0	104	1	166
Mint Chocolate Chip	1 - 4 oz Scoop (113 grams)	260	16	10	0	55	85	28	1	22	16	-	5	0	166	1	265
Non-Dairy Cookies 'n Crème	1 - 2.5 oz Scoop (71 grams)	200	11	8	0	0	100	24	1	16	16	-	1	0	5	1	73
Non-Dairy Cookies 'n Crème	4 oz Scoop (113 grams)	310	18	13	0	0	160	37	1	26	26	-	2	1	8	1	116
Non-Dairy Jamoca® Chip	2.5 oz Scoop (71 grams)	170	9	7	0	0	35	23	1	20	19	-	1	0	5	1	53
Non-Dairy Jamoca® Chip	4 oz Scoop (113 grams)	270	14	11	0	0	50	37	1	31	31	-	1	1	8	1	84
Nutty Coconut	1 - 2.5 oz Scoop (71 grams)	190	12	6	0	30	55	18	1	13	9	-	4	0	100	0	153
Nutty Coconut	1 - 4 oz Scoop (113 grams)	300	19	9	0	45	90	28	1	20	14	-	6	0	159	0	243
OREO® 'n Cold Brew	2.5 oz Scoop (71 grams)	200	11	5	0	25	95	22	1	15	12	-	3	0	89	1	205
OREO® 'n Cold Brew	4 oz Scoop (113 grams)	320	18	8	0	40	150	35	2	24	18	-	5	0	141	1	327
OREO® Cookies 'n Cream	1 - 2.5 oz Scoop (71 grams)	170	9	5	0	30	80	20	0	15	11	-	3	0	100	0	141
OREO® Cookies 'n Cream	1 - 4 oz Scoop (113 grams)	280	15	8	0	50	125	32	0	23	18	-	5	0	159	1	224
Old Fashioned Butter Pecan	1 - 2.5 oz Scoop (71 grams)	180	11	6	0	35	70	16	0	12	8	-	3	0	105	0	154
Old Fashioned Butter Pecan	1 - 4 oz Scoop (113 grams)	280	18	9	0	50	110	25	1	20	13	-	5	0	167	0	245
Peanut Butter 'n Chocolate	1 - 2.5 oz Scoop (71 grams)	200	13	6	0	25	100	19	1	14	10	-	5	0	92	1	220

Permanent Flavors	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Sugar Alcohol (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Peanut Butter 'n Chocolate	1 - 4 oz Scoop (113 grams)	320	20	9	0	45	160	30	2	22	16	-	7	0	147	1	351
Pink Bubblegum	2.5 oz Scoop (71 grams)	150	8	5	0	30	50	19	0	17	13	-	3	0	96	0	128
Pink Bubblegum	4 oz Scoop (113 grams)	250	12	8	0	50	75	30	0	26	21	-	4	0	152	0	203
Pistachio Almond	1 - 2.5 oz Scoop (71 grams)	180	12	5	0	30	50	16	1	12	8	-	4	0	118	0	180
Pistachio Almond	1 - 4 oz Scoop (113 grams)	290	19	8	0	50	80	25	1	19	13	-	7	0	188	0	287
Pralines 'n Cream	1 - 2.5 oz Scoop (71 grams)	170	9	5	0	30	105	20	0	15	11	-	3	0	96	0	134
Pralines 'n Cream	1 - 4 oz Scoop (113 grams)	270	14	8	0	45	170	31	1	24	18	-	4	0	153	0	213
REESE'S Peanut Butter Cup	1 - 2.5 oz Scoop (71 grams)	190	11	6	0	30	90	20	1	17	13	-	4	0	102	0	164
REESE'S Peanut Butter Cup	1 - 4 oz Scoop (113 grams)	300	17	9	0	50	140	31	1	27	20	-	6	0	163	1	261
Rainbow Sherbet	1 - 2.5 oz Scoop (71 grams)	100	1.5	1	0	5	15	22	0	17	15	-	1	0	34	0	53
Rainbow Sherbet	1 - 4 oz Scoop (113 grams)	160	2	1.5	0	10	25	35	0	26	24	-	1	0	55	0	84
Reduced Fat, No Sugar Added Caramel Turtle Truffle	1 - 2.5 oz Scoop (71 grams)	100	4	2.5	0	15	50	19	2	5	0	9	3	0	102	0	141
Reduced Fat, No Sugar Added Caramel Turtle Truffle	1 - 4 oz Scoop (113 grams)	160	6	4	0	25	80	30	3	7	0	14	5	0	162	0	224
Reduced Fat, No Sugar Added Pineapple Coconut	1 - 2.5 oz Scoop (71 grams)	100	4	2.5	0	15	50	18	2	5	0	9	3	0	99	0	133
Reduced Fat, No Sugar Added Pineapple Coconut	1 - 4 oz Scoop (113 grams)	160	6	4	0	25	80	29	3	8	0	14	5	0	158	0	212
Rocky Road	1 - 2.5 oz Scoop (71 grams)	180	9	5	0	30	65	22	1	16	13	-	4	0	99	1	213
Rocky Road	1 - 4 oz Scoop (113 grams)	290	15	8	0	45	105	35	2	26	20	-	6	0	157	2	339
Rum Raisin	1 - 2.5 oz Scoop (71 grams)	160	7	4.5	0	30	60	21	0	18	11	-	3	0	91	0	154

Permanent Flavors	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Sugar Alcohol (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Rum Raisin	1 - 4 oz Scoop (113 grams)	250	11	7	0	45	95	33	1	28	17	-	4	0	145	0	245
Strawberry Cheesecake	1 - 2.5 oz Scoop (71 grams)	160	8	5	0	30	70	18	0	13	10	-	3	0	86	0	118
Strawberry Cheesecake	1 - 4 oz Scoop (113 grams)	250	13	8	0	50	110	29	0	21	15	-	4	0	137	0	187
TWIX® Caramel Crunch	1 - 2.5 oz Scoop (71 grams)	190	9	6	0	25	135	24	1	19	16	-	3	0	98	0	157
TWIX® Caramel Crunch	4 oz Scoop (113 grams)	300	14	9	0	45	201	39	1	31	25	-	5	0	155	1	250
Triple Mango	1 - 2.5 oz Scoop (71 grams)	130	4.5	2.5	0	15	30	22	0	18	15	-	2	0	56	0	78
Triple Mango	1 - 4 oz Scoop (113 grams)	210	7	4.5	0	25	45	35	1	29	24	-	2	0	89	0	124
Vanilla	1 - 2.5 oz Scoop (71 grams)	170	10	6	0	40	40	17	0	14	10	-	3	0	98	0	132
Vanilla	1 - 4 oz Scoop (113 grams)	260	16	10	0.5	65	65	26	0	22	16	-	4	0	157	0	210
Very Berry Strawberry	1 - 2.5 oz Scoop (71 grams)	140	7	4	0	25	40	17	0	15	11	-	2	0	84	0	130
Very Berry Strawberry	1 - 4 oz Scoop (113 grams)	220	11	7	0	40	65	40	1	23	17	-	4	0	134	0	207
Wild 'n Reckless Sherbet	1 - 2.5 oz Scoop (71 grams)	80	1.5	1	0	5	15	16	0	12	10	-	1	0	36	0	49
Wild 'n Reckless Sherbet	1 - 4 oz Scoop (113 grams)	130	2	1.5	0	10	25	26	0	19	17	-	2	0	57	0	78
World Class® Chocolate	1 - 2.5 oz Scoop (71 grams)	160	10	7	0	30	60	16	1	11	8	-	3	0	97	1	169
World Class® Chocolate	1 - 4 oz Scoop (113 grams)	260	16	11	0	45	90	25	1	18	12	-	5	0	155	1	269

Sundaes	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Sugar Alcohol (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Banana Royale Sundae	1 Serving (336 grams)	710	32	20	1	85	190	98	5	72	47	-	10	0	281	2	893
Banana Split	1 Serving	990	39	20	1	115	220	155	8	111	82	-	14	0	380	3	1160

Sundaes	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Sugar Alcohol (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
	(498 grams)																
One-Scoop Sundae	1 Serving (127 grams)	350	20	12	0	45	120	39	2	32	26	-	6	0	165	1	295
Three-Scoop Sundae	1 Serving (307 grams)	830	44	29	1	125	270	99	2	80	65	-	12	0	389	2	651
Two-Scoop Sundae	1 Serving (218 grams)	600	32	20	1	85	190	71	2	57	47	-	9	0	275	1	471
Warm Brownie Sundae	1 Serving (281 grams)	810	42	23	1	110	340	99	4	74	64	-	13	0	303	5	750

Layered Sundaes	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Sugar Alcohol (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Chocolate Chip Cookie Dough Layered Sundae	1 Sundae (365 grams)	1110	46	30	1	120	550	164	3	113	96	-	13	1	369	4	679
OREO® Layered Sundae	1 Sundae (369 grams)	1100	46	28	1	100	530	161	3	118	104	-	14	0	387	4	687
REESE'S Peanut Butter Cup Layered Sundae	1 Sundae (360 grams)	1320	87	33	1	100	730	117	8	95	78	-	29	0	427	5	1075

Other Frozen Beverages	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Sugar Alcohol (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Caramel Praline Cappy™ - Large	32 fl oz	1040	31	19	1	110	410	176	2	125	92	-	13	2.1	470	0.4	640
Caramel Praline Cappy™ - Medium	24 fl oz	810	25	16	1	90	310	136	1	96	71	-	10	1.5	370	0.3	500
Caramel Praline Cappy™ - Small	16 fl oz	550	17	10	0.5	60	210	92	1	65	48	-	7	1	240	0.2	330
Chocolate Fudge Cappy™ - Large	32 fl oz	1120	41	31	1	85	490	177	4	147	127	-	16	2	510	4.6	1070
Chocolate Fudge Cappy™ - Medium	24 fl oz	860	32	24	0.5	70	380	136	3	113	98	-	13	1.5	390	3.5	820
Chocolate Fudge Cappy™ - Small	16 fl oz	570	21	16	0	45	250	91	2	75	65	-	8	1	260	2.3	540
Lava Colada - Large	32 fl oz	1010	16	14	0	0	180	220	4	202	156	-	3	0	95	2	1017
Lava Colada - Medium	24 fl oz	700	11	10	0	0	125	152	3	140	109	-	2	0	65	1	702
Lava Colada - Small	16 fl oz	510	8	7	0	0	90	110	2	101	78	-	2	0	48	1	508
Mango Smoothie - Large	32 fl oz	610	0	0	0	0	55	152	4	150	140	-	2	0	62	1	127
Mango Smoothie - Medium	24 fl oz	460	0	0	0	0	40	114	3	113	105	-	1	0	45	1	95
Mango Smoothie - Small	16 fl oz	310	0	0	0	0	25	76	2	75	70	-	1	0	31	1	64
Mangonada - Large	32 fl oz	600	0	1	0	0	1690	149	4	145	117	-	2	0	59	1	65
Mangonada - Medium	24 fl oz	420	0	1	0	0	1310	103	3	100	81	-	1	0	39	1	45
Mangonada - Small	16 fl oz	300	0	0.5	0	0	950	75	2	73	59	-	1	0	30	1	33
OREO® Cappy™ - Large	32 fl oz	940	38	19	1	85	450	137	2	107	90	-	15	2.4	450	3.3	670
OREO® Cappy™ - Medium	24 fl oz	720	29	15	0.5	70	340	104	1	81	68	-	11	1.8	350	2.4	520
OREO® Cappy™ - Small	16 fl oz	460	19	10	0	45	210	66	1	53	44	-	7	1.2	230	1.5	340
Strawberry Smoothie - Large	32 fl oz	540	1	0	0	0	60	137	6	124	108	-	3	0	70	1	523
Strawberry Smoothie - Medium	24 fl oz	410	0.5	0	0	0	40	103	5	93	81	-	2	0	51	1	392
Strawberry Smoothie - Small	16 fl oz	270	0	0	0	0	30	68	3	62	54	-	1	0	35	1	262
The Classic Cappy™ - Large	32 fl oz	640	28	17	1	105	170	88	0	82	65	-	12	2.4	430	0.2	570
The Classic Cappy™ - Medium	24 fl oz	500	22	14	1	85	135	68	0	63	50	-	9	1.8	330	0.2	450
The Classic Cappy™ - Small	16 fl oz	330	15	9	0.5	55	90	45	0	42	33	-	6	1.2	220	0.1	290

Customizable Beverages - Milkshakes	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Sugar Alcohol (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Chocolate Chip Cookie Dough Milkshake - Large	32 fl oz	1520	71	47	2	250	590	191	2	155	119	-	28	4	931	3	1249
Chocolate Chip Cookie Dough Milkshake - Medium	24 fl oz	1140	54	35	1.5	185	440	143	2	116	89	-	21	3	699	2	937
Chocolate Chip Cookie Dough Milkshake - Small	16 fl oz	760	36	23	1	125	300	95	1	78	59	-	14	2	466	2	624
Chocolate Chip Milkshake - Large	32 fl oz	1370	72	45	2.5	245	480	157	4	135	95	-	29	4	1018	4	1475
Chocolate Chip Milkshake - Medium	24 fl oz	1030	54	34	1.5	185	360	118	3	102	72	-	22	3	764	3	1106
Chocolate Chip Milkshake - Small	16 fl oz	690	36	22	1	120	240	78	2	68	48	-	15	2	509	2	738
Gold Medal Ribbon® Milkshake - Large	32 fl oz	1370	60	37	2	220	760	182	3	146	107	-	28	4	987	2	1401
Gold Medal Ribbon® Milkshake - Medium	24 fl oz	1020	45	28	1.5	165	570	136	2	110	80	-	21	3	740	2	1051
Gold Medal Ribbon® Milkshake - Small	16 fl oz	680	30	19	1	110	380	91	1	73	54	-	14	2	493	1	701
Mint Chocolate Chip Milkshake - Large	32 fl oz	1370	73	45	2.5	245	460	157	4	136	96	-	29	4	1019	4	1475
Mint Chocolate Chip Milkshake - Medium	24 fl oz	1030	55	34	1.5	185	350	117	3	102	72	-	22	3	764	3	1106
Mint Chocolate Chip Milkshake - Small	16 fl oz	690	36	23	1	120	230	78	2	68	48	-	15	2	509	2	737
OREO® Cookies n' Cream Milkshake - Large	32 fl oz	1440	70	40	2	230	640	175	2	142	103	-	29	4	991	3	1315
OREO® Cookies n' Cream Milkshake - Medium	24 fl oz	1080	52	30	1.5	170	480	131	1	106	77	-	22	3	743	2	986
OREO® Cookies n' Cream Milkshake - Small	16 fl oz	720	35	20	1	115	320	87	1	71	51	-	14	2	495	1	658
Peanut Butter 'n Chocolate Milkshake - Large	32 fl oz	1580	91	42	2	205	790	164	9	132	94	-	39	4	939	6	1821
Peanut Butter 'n Chocolate Milkshake - Medium	24 fl oz	1190	68	31	1.5	155	590	123	7	99	71	-	29	3	704	4	1366
Peanut Butter 'n Chocolate Milkshake - Small	16 fl oz	790	46	21	1	100	400	82	4	66	47	-	20	2	470	3	911
Vanilla Milkshake - Large	32 fl oz	1360	74	46	2.5	280	400	147	1	132	93	-	27	4	980	0	1256
Vanilla Milkshake - Medium	24 fl oz	1020	55	34	2	210	300	111	1	99	70	-	20	3	735	0	942
Vanilla Milkshake - Small	16 fl oz	680	37	23	1.5	140	200	74	0	66	46	-	13	2	490	0	628
Very Berry Strawberry Milkshake - Large	32 fl oz	1210	52	32	2	200	400	160	2	144	104	-	25	4	892	1	1250
Very Berry Strawberry Milkshake - Medium	24 fl oz	910	39	24	1.5	150	300	120	2	108	78	-	18	3	669	1	937
Very Berry Strawberry Milkshake - Small	16 fl oz	610	26	16	1	100	200	80	1	72	52	-	12	2	446	1	625
World Class® Chocolate Milkshake - Large	32 fl oz	1410	74	48	2	215	500	164	4	134	96	-	30	4	966	4	1491
World Class® Chocolate Milkshake - Medium	24 fl oz	1060	55	36	1.5	160	380	123	3	101	72	-	23	3	724	3	1119
World Class® Chocolate Milkshake - Small	16 fl oz	710	37	24	1	110	250	82	2	67	48	-	15	2	483	2	746

Permanent Pre-Packed Quarts	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Sugar Alcohol (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Chocolate Chip Cookie Dough Pre-Packed Quart	2/3 cup (98 grams)	250	13	8	0	45	115	31	1	23	18	-	4	0	125	0	186
Chocolate Chip Pre-Packed Quart	2/3 cup (98 grams)	230	13	8	0	45	75	24	1	19	14	-	4	0	144	1	229
Chocolate Pre- Packed Quart	2/3 cup (98 grams)	230	12	8	0	40	100	28	1	21	16	-	5	0	138	1	295
Gold Medal Ribbon® Pre-Packed Quart	2/3 cup (98 grams)	210	11	7	0	40	135	25	1	18	13	-	4	0	138	0	214
Jamoca® Almond Fudge Pre-Packed Quart	2/3 cup (102 grams)	250	13	6	0	40	70	28	1	20	15	-	5	0	142	1	245
Mint Chocolate Chip Pre-Packed Quart	2/3 cup (98 grams)	230	14	9	0	45	70	24	1	19	14	-	4	0	144	1	229
Mom's Makin' Cookies® Pre-Packed Quart	2/3 cup (102 grams)	280	13	8	0	45	120	38	0	28	24	-	4	0	118	1	186

Permanent Pre-Packed Quarts	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Sugar Alcohol (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
OREO® Cookies 'n Cream Pre-Packed Quart	2/3 cup (98 grams)	240	13	7	0	45	110	28	0	20	15	-	4	0	138	1	194
Old Fashioned Butter Pecan Pre-Packed Quart	2/3 cup (98 grams)	240	15	8	0	45	95	22	1	17	11	-	4	0	145	0	213
Peanut Butter 'n Chocolate Pre-Packed Quart	2/3 cup (98 grams)	260	18	8	0	35	140	22	2	15	10	-	6	0	128	1	305
Pralines 'n Cream Pre-Packed Quart	2/3 cup (103 grams)	250	13	7	0	40	150	29	0	22	16	-	4	0	139	0	194
Rainbow Sherbet Pre-Packed Quart	2/3 cup (115 grams)	160	2	1.5	0	10	25	35	0	27	24	-	1	0	56	0	85
Rocky Road Pre-Packed Quart	2/3 cup (98 grams)	250	13	7	0	40	95	31	2	23	18	-	5	0	136	1	293
Strawberry Cheesecake Pre-Packed Quart	2/3 cup (103 grams)	240	12	7	0	45	100	29	0	22	17	-	4	0	124	0	174
Vanilla Ice Cream Pre-Packed Quart	2/3 cup (98 grams)	210	14	9	0.5	55	60	18	0	15	10	-	4	0	137	0	182
Very Berry Strawberry Pre-Packed Quart	2/3 cup (98 grams)	180	9	6	0	35	60	21	0	18	12	-	3	0	118	0	181
Wild 'n Reckless Sherbet Pre-Packed Quart	2/3 cup (115 grams)	160	2	1.5	0	10	25	35	0	26	24	-	2	0	58	0	79
World Class® Chocolate Pre-Packed Quart	2/3 cup (98 grams)	240	14	9	0	40	80	27	1	20	15	-	4	0	133	1	234

Cones	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Sugar Alcohol (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Cake Cone	1 Cone (6 grams)	25	0	0	0	0	10	5	0	0	0	-	1	0	1	0	0
Chocolate Dipped Cake Cone	1 Cone (26 grams)	140	7	4.5	0	0	20	17	1	10	10	-	1	0	6	1	106
Chocolate Dipped Sugar Cone	1 Cone (32 grams)	160	8	4.5	0	0	65	22	1	13	13	-	1	0	7	1	119
Chocolate Dipped Waffle Cone	1 Cone (77 grams)	270	11	5	0	10	15	40	2	22	22	-	3	0	15	2	131
Fancy Cake Cone with Almonds	1 Cone (33 grams)	180	11	4.5	0	0	20	18	2	10	10	-	3	0	25	1	152
Fancy Cake Cone with Sprinkles	1 Cone (33 grams)	170	9	6	0	0	20	22	1	13	13	-	1	0	6	1	106
Fancy Sugar Cone with Almonds	1 Cone (39 grams)	200	12	4.5	0	0	65	23	2	14	13	-	3	0	27	2	166
Fancy Sugar Cone with Sprinkles	1 Cone (39 grams)	200	9	6	0	0	65	27	1	16	16	-	1	0	8	1	119
Fancy Waffle Cone with Almonds	1 Cone (85 grams)	320	16	5	0	10	15	42	2	23	14	-	4	0	36	2	187
Fancy Waffle Cone with Sprinkles	1 Cone (85 grams)	310	13	6	0	10	15	46	2	26	25	-	3	0	15	2	132
Fresh-Baked Waffle Cone	1 Cone (57 grams)	150	4	1	0	10	5	29	1	13	12	-	2	0	10	1	26
Sugar Cone	1 Cone (12 grams)	50	0.5	0	0	0	55	10	0	4	4	-	1	0	3	0	14

Bakery Treats	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Sugar Alcohol (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Brownie	1 Brownie (65 grams)	240	9	2.5	0	25	150	36	2	23	22	-	4	0	23	4	273

Seasonal Flavors	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Sugar Alcohol (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Beach Day™	2.5 oz Scoop (71 grams)	200	11	6	0	25	125	24	0	19	16	-	3	0	86	0	124
Beach Day™	4 oz Scoop (113 grams)	320	17	10	0	40	200	39	0	31	26	-	4	0	137	0	198
Chocolate Almond	1 - 2.5 oz Scoop (71 grams)	190	11	5	0	30	65	20	2	14	11	-	4	0	110	1	239
Chocolate Almond	4 oz Scoop (113 grams)	300	18	8	0	45	105	31	3	23	17	-	7	0	174	2	380
Egg Nog	1 - 2.5 oz Scoop (71 grams)	160	8	5	0	40	50	19	0	14	11	-	3	0	97	0	130
Egg Nog	4 oz Scoop (113 grams)	260	13	8	0	65	75	31	0	23	17	-	4	0	155	0	207
German Chocolate Cake	2.5 oz Scoop (71 grams)	200	10	5	0	25	80	24	1	16	12	-	3	0	98	1	176
German Chocolate Cake	4 oz Scoop (113 grams)	310	16	8	0	40	125	38	1	26	19	-	6	0	156	1	281
Lemon Sorbet	2.5 oz Scoop (71 grams)	80	0	0	0	0	0	21	0	16	16	-	0	0	2	0	11
Lemon Sorbet	4 oz Scoop (113 grams)	130	0	0	0	0	0	34	0	26	25	-	0	0	4	0	17
Love Potion #31®	1 - 2.5 oz Scoop (71 grams)	170	9	6	0	25	40	21	1	18	14	-	3	0	86	1	161
Love Potion #31®	4 oz Scoop (113 grams)	280	15	10	0	40	70	34	1	28	22	-	4	0	137	1	256
Mom's Makin' Cookies®	2.5 oz Scoop (71 grams)	200	9	6	0	30	85	26	0	20	17	-	3	0	82	0	129
Mom's Makin' Cookies®	4 oz Scoop (113 grams)	310	15	9	0	45	135	42	0	31	26	-	4	0	130	1	205
OREO® Monkey Business	2.5 oz Scoop (71 grams)	210	12	5	0	25	110	22	1	16	12	-	4	0	83	0	160
OREO® Monkey Business	4 oz Scoop (113 grams)	330	20	8	0	40	180	35	1	26	19	-	6	0	133	1	254
OREO® S'mores	1 - 2.5 oz Scoop	200	11	5	0	25	100	22	1	15	12	-	3	0	88	1	165

Seasonal Flavors	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Sugar Alcohol (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
	(71 grams)																
OREO® S'mores	4 oz Scoop (113 grams)	320	18	9	0	40	160	35	1	24	18	-	5	0	140	1	263
Paloma Paradise	2.5 oz Scoop (71 grams)	130	4.5	3	0	15	60	22	0	18	16	-	2	0	56	0	82
Paloma Paradise	4 oz Scoop (113 grams)	210	7	4.5	0	30	95	34	0	29	25	-	2	0	89	0	131
Peppermint	2.5 oz Scoop (71 grams)	170	9	6	0	30	50	20	0	17	13	-	3	0	100	0	130
Peppermint	4 oz Scoop (113 grams)	270	14	9	0	50	80	33	0	27	21	-	4	0	160	0.1	210
Pistachio Chocolate Bar	2.5 oz Scoop (71 grams)	210	13	6	0	25	80	20	2	14	10	-	4	0	90	0.9	230
Pistachio Chocolate Bar	4 oz Scoop (113 grams)	330	21	9	0	40	130	32	2	22	16	-	6	0	150	1.4	370
Pumpkin Cheesecake	2.5 oz Scoop (71 grams)	170	8	4.5	0	30	80	23	0	18	15	-	3	0	83	0	121
Pumpkin Cheesecake	4 oz Scoop (113 grams)	270	12	7	0	45	130	37	0	29	24	-	4	0	132	0	193
Strawberry Tres Leches	2.5 oz Scoop (71 grams)	160	7	4.5	0	25	65	21	0	18	14	-	2	0	84	0	124
Strawberry Tres Leches	4 oz Scoop (113 grams)	250	11	7	0	40	105	34	0	28	23	-	4	0	133	0	197
Trolli® Sour Blast	2.5 oz Scoop (71 grams)	170	7	3	0	15	35	24	0	19	17	-	2	0	56	0	76
Trolli® Sour Blast	4 oz Scoop (113 grams)	270	11	5	0	25	55	38	0	31	28	-	2	0	90	0	120
Tropical Ticket	2.5 oz Scoop (71 grams)	150	6	4	0	25	40	21	1	18	14	-	2	0	80	0	125
Tropical Ticket	4 oz Scoop (113 grams)	240	10	6	0	40	65	34	1	28	22	-	4	0	128	0	198
Winter White Chocolate®	1 - 2.5 oz Scoop (71 grams)	170	9	6	0	25	50	22	1	17	13	-	3	0	85	0	156
Winter White Chocolate®	4 oz Scoop (113 grams)	280	14	9	0	40	75	35	1	26	21	-	4	0	135	1	249

Bottled Beverages	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Sugar Alcohol (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Aquafina®	20 fl oz	0	0	0	0	0	0	0	0	0	0	-	0	0	0	0	0
Pepsi®	20 fl oz	250	0	0	0	0	55	69	0	69	69	-	0	0	0	0	0

Bottled Beverages	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Sugar Alcohol (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Pepsi® Zero Sugar	20 fl oz	0	0	0	0	0	11	0	0	0	0	-	0	0	0	0	0
Starry®	20 fl oz	240	0	0	0	0	55	65	0	65	65	-	0	0	0	0	0

Handmade Novelties	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Sugar Alcohol (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Chocolate Dipped Banana	1 Banana Pop (145g)	280	15	9	0	0	15	38	5	22	7	-	3	0	16	3	680
Chocolate Dipped Banana with Chopped Almonds	1 Banana Pop (161g)	380	23	12	0	0	15	42	7	25	8	-	5	0	46	3	806
Chocolate Dipped Banana with Rainbow Sprinkles	1 Banana Pop (159g)	360	19	13	0	0	15	46	6	27	11	-	3	0	18	3	739
Chocolate Dipped Banana with White Chocolate Drizzle	1 Banana Pop (163g)	400	24	16	0	0	35	45	5	29	12	-	4	0	57	3	738
Chocolate Dipped Chocolate Chip Roll Cake with Chopped Almonds	1 Cake Slice (124g)	510	32	18	0	45	230	49	4	32	27	-	7	0.1	100	5.2	590
Chocolate Dipped Chocolate Chip Roll Cake with Rainbow Sprinkles	1 Cake Slice (124g)	500	31	19	0	45	230	51	4	33	29	-	6	0.2	90	5.1	570
Chocolate Dipped Chocolate Chip Roll Cake with White Chocolate Drizzle	1 Cake Slice (122g)	490	31	19	0	45	230	49	4	33	28	-	6	0.1	90	5.1	570
Chocolate Dipped Chocolate Ice Cream Bar	1 Bar (89g)	280	18	12	0	30	80	27	2	21	16	-	4	0	107	3	386
Chocolate Dipped Chocolate Ice Cream Bar - Chopped Almonds	1 Bar (101g)	360	25	14	0	30	80	31	3	23	17	-	6	0	128	3	485
Chocolate Dipped Chocolate Ice Cream Bar - Rainbow Sprinkles	1 Bar (100g)	350	22	15	0	30	85	34	3	25	20	-	5	0	109	3	439
Chocolate Dipped Chocolate Ice Cream Bar - White Chocolate Drizzle	1 Bar (107g)	400	28	18	0	30	100	34	2	28	21	-	5	0	148	3	444
Chocolate Dipped Mint Chocolate Chip Roll Cake with Chopped Almonds	1 Cake Slice (124g)	510	32	18	0	45	230	49	4	32	27	None	7	0.1	100	5.2	590
Chocolate Dipped Mint Chocolate Chip Roll Cake with Rainbow Sprinkles	1 Cake Slice (124g)	500	31	19	0	45	230	51	4	33	29	None	6	0.2	90	5.1	570
Chocolate Dipped Mint Chocolate Chip Roll Cake with White Chocolate Drizzle	1 Cake Slice (122g)	490	31	19	0	45	230	49	4	33	28	None	6	0.1	90	5.1	570
Chocolate Dipped OREO® Cookies 'n Cream Roll Cake with Chopped Almonds	1 Cake Slice (124g)	510	32	18	0	40	230	50	4	32	28	None	7	0.1	100	5	580
Chocolate Dipped OREO® Cookies 'n Cream Roll Cake with Rainbow Sprinkles	1 Cake Slice (124g)	500	31	18	0	40	230	52	4	34	29	None	6	0	90	5	548
Chocolate Dipped OREO® Cookies 'n Cream Roll Cake with White Chocolate Drizzle	1 Cake Slice (122g)	500	31	18	0	40	240	50	4	33	28	None	6	0.1	90	4.9	550
Chocolate Dipped Vanilla Ice Cream Bar	1 Bar (89g)	280	19	12	0	40	50	24	1	19	15	-	4	0	105	2	304
Chocolate Dipped Vanilla Ice Cream Bar - Chopped Almonds	1 Bar (101g)	360	26	15	0	40	50	27	3	21	16	-	5	0	126	2	402
Chocolate Dipped Vanilla Ice Cream Bar - Rainbow Sprinkles	1 Bar (100g)	350	24	15	0	40	50	30	2	23	18	-	4	0	107	2	357
Chocolate Dipped Vanilla Ice Cream Bar - White Chocolate Drizzle	1 Bar (98g)	340	24	15	0	40	55	27	2	22	17	-	4	0	114	2	366
Chocolate Dipped World Class® Chocolate Ice Cream Bar - Chopped Almonds	1 Bar (101g)	370	26	15	0	30	65	30	3	22	17	-	6	0	124	3	440
Chocolate Dipped World Class® Chocolate Ice Cream Bar - Rainbow Sprinkles	1 Bar (100g)	360	24	16	0	30	70	33	2	24	19	-	5	0	105	3	394
Chocolate Dipped World Class® Chocolate Ice Cream Bar - White Chocolate Drizzle	1 Bar (97g)	350	24	16	0	30	70	30	2	23	18	-	5	0	112	3	403

Handmade Novelties	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Sugar Alcohol (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Chocolate Dipped World Class® Ice Cream Bar	1 Bar (89g)	290	19	13	0	30	65	27	2	20	15	-	4	0	103	2	341
Cookie Butter Dipped Vanilla Ice Cream Bar	1 Bar (95g)	310	20	13	0	40	70	29	0	23	19	-	3	0	98	0	210
Cookie Butter Dipped Vanilla Ice Cream Bar with Chopped Almonds	1 Bar (101g)	350	24	13	0	40	70	30	1	23	19	-	5	0	117	0	256
Cookie Butter Dipped Vanilla Ice Cream Bar with Rainbow Sprinkles	1 Bar (100g)	340	22	14	0	40	70	33	0	25	21	-	3	0	98	0	210
Cookie Butter Dipped Vanilla Ice Cream Bar with White Chocolate Drizzle	1 Bar (98g)	330	22	14	0	40	75	30	0	24	20	-	3	0	105	0	219
Lemon Dipped Vanilla Ice Cream Bar	1 Bar (95g)	320	22	14	0	40	105	26	0	23	19	-	4	0	98	0	132
Lemon Dipped Vanilla Ice Cream Bar with Chopped Almonds	1 Bar (101g)	360	26	14	0	40	105	27	1	24	19	-	6	0	117	0	178
Lemon Dipped Vanilla Ice Cream Bar with Rainbow Sprinkles	1 Bar (100g)	350	24	15	0	40	105	30	0	26	22	-	4	0	98	0	132
Lemon Dipped Vanilla Ice Cream Bar with White Chocolate Drizzle	1 Bar (98g)	340	24	15	0	40	110	27	0	24	20	-	4	0	105	0	141
Mango Chamoy Bar	1 Bar (106g)	90	0	0	0	0	140	23	1	22	18	-	0	0	8	0	11
Mango Smoothie Bar	1 Bar (91g)	100	0	0	0	0	5	25	1	25	23	-	0	0	8	0	21
Strawberry Dipped Vanilla Ice Cream Bar	1 Bar (895g)	320	22	13	0	40	70	26	0	23	17	-	4	0	107	2	210
Strawberry Dipped Vanilla Ice Cream Bar wth Chopped Almonds	1 Bar (101g)	360	26	14	0	40	70	28	1	24	17	-	6	0	126	2	256
Strawberry Dipped Vanilla Ice Cream Bar wth Rainbow Sprinkles	1 Bar (100g)	350	23	14	0	40	70	31	0	26	19	-	4	0	107	2	210
Strawberry Dipped Vanilla Ice Cream Bar wth White Chocolate Drizzle	1 Bar (98g)	340	24	14	0	40	70	28	0	24	18	-	4	0	114	2	219
Strawberry Smoothie Bar	1 Bar (89g)	90	0	0	0	0	10	23	1	21	18	-	0	0	10	0	87

Customizable Beverages - Freezes & Floats	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Sugar Alcohol (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Mug Root Beer and Peanut Butter 'n Chocolate Ice Cream Float - Large	32 fl oz	1170	61	27	1	130	570	151	7	123	106	-	22	0	443	4	1045
Mug Root Beer and Peanut Butter 'n Chocolate Ice Cream Float - Small	16 fl oz	420	20	9	0	45	200	60	2	51	45	-	7	0	148	1	348
Mug Root Beer and Peanut Butter 'n Chocolate Ice Cream Float - Medium	24 fl oz	800	41	18	1	85	390	106	4	97	75	-	15	0	296	3	697
Mug Root Beer and Peanut Butter 'n Chocolate Ice Cream Freeze - Small	16 fl oz	750	41	18	1	85	370	91	4	73	61	-	15	0	296	3	697
Mug Root Beer and Peanut Butter 'n Chocolate Ice Cream Freeze - Large	32 fl oz	1490	82	36	1.5	175	730	182	9	145	122	-	30	0	591	5	1393
Mug Root Beer and Peanut Butter 'n Chocolate Ice Cream Freeze - Medium	24 fl oz	1120	61	27	1	130	550	137	7	109	91	-	22	0	443	4	1045
Pepsi Zero Sugar and Daiquiri Ice Float - Large	32 fl oz	410	0	0	0	0	60	105	1	79	79	-	0	0	7	0	9
Pepsi Zero Sugar and Daiquiri Ice Float - Medium	24 fl oz	270	0	0	0	0	45	70	0	53	53	-	0	0	5	0	6
Pepsi Zero Sugar and Daiquiri Ice Float - Small	16 fl oz	140	0	0	0	0	30	35	0	26	26	0	0	0	2	0	3
Pepsi Zero Sugar and Daiquiri Ice Freeze - Large	32 fl oz	550	0	0	0	0	65	140	1	106	106	-	0	0	10	0	12
Pepsi Zero Sugar and Daiquiri Ice Freeze - Medium	24 fl oz	410	0	0	0	0	50	105	1	79	79	-	0	0	7	0	9
Pepsi Zero Sugar and Daiquiri Ice Freeze - Small	16 fl oz	270	0	0	0	0	30	70	0	53	53	-	0	0	5	0	6

Polar Pizza® Ice Cream Treats	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Sugar Alcohol (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Chocolate Chip Cookie Dough Polar Pizza® Ice Cream Treat	1/8 Pie (96g)	350	14	5	0	30	220	52	1	31	28	-	4	0	69	2	140
Mint Chocolate Chip Polar Pizza® Ice Cream Treat	1/8 Pie (96g)	330	14	4.5	0	25	290	48	2	30	28	-	4	1	76	3	242
OREO® Cookies ‘n Cream Polar Pizza® Ice Cream Treat	1/8 Pie (96g)	330	14	4.5	0	20	300	48	1	30	27	-	4	1	75	4	249
Peanut Butter ‘n Chocolate and REESE’S Peanut Butter Cup Polar Pizza® Ice Cream Treat	1/8 Pie (98g)	380	20	6	0	25	260	48	2	31	28	-	6	0	81	3	236

Cake in a Box	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Sugar Alcohol (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
M&M'S® with Cookie Dough Cake in a Box	1/10 Cake (148g)	470	22	14	0	45	310	63	1	45	41	-	6	0	125	1	226

Allergy sufferers should always read the product ingredient statement and allergen information available at www.Baskinrobbins.com Please note that our restaurants prepare and serve products that contain allergens other than the products you select.

Baskin Robbins has made a reasonable effort to provide nutritional and ingredient information based upon standard product formulations and following the FDA guidelines using formulation and nutrition labeling software. Variations may occur due to: seasonal conditions; regional differences; ingredient substitutions and differences in product assembly or size at the restaurant. Test products, limited time offers and regional menu variations may not be included and not all items listed may be available in all restaurants. The information on these printed materials may vary from that which may be available in our restaurants. We will update www.Baskinrobbins.com frequently, so please revisit this site for the most current information. Any customers with further questions regarding specific dietary concerns are advised to visit www.Baskinrobbins.com or call our customer care line at 800-859-5339.