

	Serving Size	Calories	Calories From Fat	Fat	Sat Fat	Trans Fat	Cholesterol	Protein	Carbohydrate	Total Sugars	Fiber	Sodium
Apple Spice Cake	63g (1 piece)	180	60	7g	1g	1g	25mg	3g	26g	18g	0g	210mg
Banana Nut Cake	74g (1 piece)	270	110	12g	2.5g	1g	45mg	2g	37g	27g	<1g	190mg
Banana Pudding	90g (1 spoon)	150	50	5g	1g	1g	0mg	1g	24g	15g	<1g	120mg
Banana Split	175g (1 split)	340	50	6g	2.5g	0g	5mg	3g	58g	45g	3g	65mg
Black Forest Cake	60g (1 piece)	150	50	6g	1g	0.5g	30mg	3g	20g	10g	0g	200mg
Bread Pudding	100g (1 spoon)	180	60	7g	3g	0.5g	90mg	4g	27g	18g	<1g	160mg
Butterfingers® Pieces	15g (1 spoon)	70	20	2.5g	1.5g	0g	0mg	1g	11g	8g	0g	35mg
Butterscotch Brownie	38g (1 brownie)	170	80	9g	2g	1.5g	25mg	2g	20g	14g	0g	210mg
Butterscotch Topping	41g (2 tbsp)	130	0	0g	0g	0g	0mg	0g	31g	14g	0g	105mg
Cappuccino Cake	65g (1 piece)	180	90	10g	4.5g	0g	35mg	3g	18g	14g	0g	210mg
Caramel Apple Crisp	95g (1 spoon)	170	40	4.5g	1g	0.5g	0mg	<1g	32g	26g	1g	95mg
Carrot Cake	64g (1 piece)	240	110	12g	2.5g	1g	35mg	2g	29g	22g	<1g	220mg
Cheesecake	80g (1 piece)	230	110	12g	6g	1g	5mg	3g	28g	22g	0g	280mg
Cheesecake, Cherry	90g (1 piece)	240	110	12g	6g	1g	5mg	3g	30g	22g	0g	280mg
Cherry Cobbler	100g (1 spoon)	210	80	9g	2g	2g	0mg	1g	32g	7g	1g	100mg
Cherry Crisp	94g (1 spoon)	160	30	3g	0.5g	1g	0mg	1g	32g	12g	<1g	60mg
Chewy Bears	20g (9 pieces)	60	0	0g	0g	0g	0mg	1g	15g	14g	0g	10mg
Chocolate Cake	60g (1 piece)	180	70	8g	1.5g	0.5g	30mg	3g	25g	9g	0g	210mg
Chocolate Chess Pie (scratch)	86g (1 slice)	350	140	15g	8g	0g	80mg	3g	51g	25g	1g	250mg
Chocolate Chip Cookie	26g (1 cookie)	130	50	6g	2g	0g	5mg	1g	18g	9g	1g	70mg
Chocolate Chip Cookie Bar	65g (1 bar)	290	120	13g	4g	2.5g	25mg	3g	39g	26g	1g	230mg
Chocolate Chip Cookie Pizza	35g (1 slice)	160	70	8g	3g	2.5g	0mg	1g	21g	12g	1g	130mg
Chocolate Chips	15g (1 spoon)	90	50	5g	4g	0g	0mg	0g	10g	9g	0g	0mg
Chocolate Cookie pieces	8g (1 spoon)	35	10	1.5g	0g	0g	0mg	0g	6g	3g	0g	20mg
Chocolate Cream Pie	64g (1 slice)	180	80	9g	4.5g	1g	0mg	2g	24g	15g	<1g	120mg

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Chocolate Decadence Cake	64g (1 piece)	220	90	10g	4g	0.5g	35mg	4g	30g	14g	0g	250mg
Chocolate Haystacks	31g (1 piece)	160	70	8g	4g	0g	0mg	3g	19g	11g	2g	90mg
Chocolate Marble Cake	60g (1 piece)	190	70	8g	2g	0.5g	25mg	2g	26g	19g	<1g	190mg
Chocolate Pudding	90g (1 spoon)	120	40	4.5g	1g	1.5g	0mg	1g	19g	15g	<1g	100mg
Chocolate Syrup	39g (2 tbsp)	100	0	0g	0g	0g	0mg	0g	25g	18g	1g	70mg
Coconut Cream Pie	64g (1 slice)	240	110	12g	10g	0g	0mg	2g	24g	16g	1g	210mg
Coconut Cream Pie-scratch	112g (1 slice)	310	110	12g	6.5g	0.5g	0mg	1g	31g	20g	<1g	310mg
Cone, Ice Cream	4g (1 cone)	15	0	0g	0g	0g	0mg	0g	3g	<1g	0g	15mg
Cookies and Cream	70g (1 piece)	290	140	16g	9g	0.5g	0mg	2g	35g	27g	0g	190mg
Cookies and Cream Cheesecake	72g (1 piece)	270	150	17g	9g	2.5g	20mg	2g	27g	19g	1g	200mg
Crispy Rice Bar - Chocolate Drizzle	33g (1 bar)	130	30	3g	1g	0g	0mg	1g	25g	13g	0g	125mg
Crispy Rice Bar - Sprinkles	32g (1 bar)	120	20	2g	0.5g	0g	0mg	<1g	25g	12g	0g	120mg
Crispy Rice Bar - Fun E Chips	32g (1 bar)	120	20	2g	0.5g	0g	0mg	<1g	25g	12g	0g	120mg
Crispy Rice Bar	32g (1 bar)	120	20	2g	0g	0g	0mg	<1g	24g	12g	0g	120mg
Crushed Pineapple	32g (1 spoon)	25	0	0g	0g	0g	0mg	0g	6g	5g	0g	0mg
Black Forest Cupcake	90g (1 cupcake)	230	80	9g	2.5g	0.5g	50mg	3g	36g	23g	1g	240mg
Caramel Topped Cupcake, all varieties	90g (1 cupcake)	310	140	16g	4g	2g	60mg	4g	38g	29g	0g	280mg
Chocolate Cupcake	90g (1 cupcake)	280	110	12g	3g	0.5g	50mg	3g	41g	31g	1g	250mg
Peach Cupcake	90g (1 cupcake)	260	120	13g	3g	1.5g	55mg	3g	33g	22g	<1g	260mg
Rocky Road Cupcake	90g (1 cupcake)	310	140	16g	4g	2g	60mg	4g	38g	29g	0g	280mg
White Cupcake, decorated	90g (1 cupcake)	310	140	16g	4g	2g	60mg	4g	38g	29g	0g	280mg
Decorated Cookie	27g (1 cookie)	120	50	5g	1g	2g	0mg	1g	17g	10g	0g	55mg
Dessert Pizza	47g (1 slice)	110	40	4g	1g	1g	0mg	1g	17g	12g	<1g	45mg
Dutch Apple Cake	80g (1 slice)	230	80	9g	2g	2g	20mg	3g	36g	24g	1g	240mg

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Flurrie, vanilla soft serve - no mix-ins	174g (8 fl. oz.)	260	90	10g	6g	0g	20mg	6g	40g	28g	0g	130mg
Frozen Nonfat Yogurt, Orange Sorbet	89g (4 fl. oz.)	90	0	0g	0g	0g	0mg	0g	22g	19g	0g	0mg
Frozen Nonfat Yogurt, Nutrasweet®, Vanilla	89g (4 fl. oz.)	80	0	0g	0g	0g	<5mg	4g	16g	6g	0g	80mg
Fudge	10g (1 piece)	40	10	1.5g	0.5g	0.5g	0mg	0g	7g	6g	0g	10mg
Fudge Brownie	56g (1 brownie)	200	50	6g	1.5g	0g	0mg	2g	34g	27g	2g	145mg
Fun E Chips	15g (1 spoon)	80	30	3g	2g	0g	0mg	0g	12g	11g	0g	0mg
German Chocolate Cake	80g (1 piece)	270	120	13g	3g	1g	40mg	4g	35g	19g	1g	250mg
Heath Bar® Bits	15g (1 spoon)	80	50	5g	2.5g	0g	0mg	0g	9g	9g	0g	50mg
Honey Nut Topping	28g (1 spoon)	170	110	12g	2g	0g	0mg	5g	9g	5g	2g	125mg
Hot Fudge Sundae Cake	86g (1 spoon)	160	30	3g	1g	1g	0mg	2g	33g	24g	1g	250mg
Hot Fudge Topping	37g (2 tbsp)	120	20	2.5g	0.5g	0.5g	0mg	1g	22g	16g	<1g	75mg
Iced Decorated Cookie	42g (1 cookie)	190	80	9g	2.5g	2.5g	5mg	2g	25g	19g	0g	75mg
Key Lime	60g (1 piece)	170	100	11g	7g	1g	0mg	1g	16g	11g	0g	125mg
Key Lime Pie (scratch)	75g (1 slice)	220	80	9g	4g	0g	50mg	5g	31g	23g	0g	130mg
Ko Ko Bits	15g (1 spoon)	70	30	3.5g	0g	0g	0mg	0g	10g	10g	0g	<5mg
Lemon Bar	68g (1 bar)	190	40	4.5g	1g	0.5g	70mg	3g	35g	27g	0g	85mg
Lemon Cake	60g (1 piece)	190	90	10g	2.5g	1.5g	30mg	2g	24g	18g	0g	190mg
Lemon Cream Pie	64g (1 slice)	170	40	4g	1.5g	1g	25mg	3g	32g	26g	<1g	130mg
Lemon Pie (scratch)	106g (1 slice)	220	80	9g	3.5g	1g	0mg	1g	35g	24g	0g	300mg
Lemon Meringue Pie	60g (1 slice)	130	40	4.5g	1.5g	0g	0mg	2g	23g	12g	<1g	140mg
Malted Milk Balls, Ground	15g (1 spoon)	70	30	3g	2.5g	0g	0mg	0g	11g	9g	0g	40mg
Maple Walnut Cake	63g (1 piece)	240	140	15g	3g	1.5g	30mg	3g	24g	18g	<1g	190mg
Nestle Crunch® Pieces	15g (1 spoon)	80	40	4g	2.5g	0g	0mg	<1g	10g	8g	0g	20mg
Oatmeal Raisin Cookie	26g (1 cookie)	120	50	6g	2g	0g	5mg	2g	16g	8g	1g	85mg

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Orange Dreamsicle	89g (1 piece)	240	100	11g	7g	1g	10mg	3g	33g	28g	<1g	130mg
Peach Cobbler	100g (1 spoon)	210	70	8g	2g	2g	0mg	1g	33g	10g	1g	95mg
Peanut Butter Cookie	26g (1 cookie)	120	50	6g	1.5g	1g	0mg	2g	14g	8g	1g	150mg
Peanut Butter Mocha	52g (1 piece)	230	140	16g	8g	0.5g	0mg	3g	21g	8g	2g	200mg
Pecan Pie	74g (1 slice)	310	170	19g	4g	2g	50mg	3g	33g	18g	1g	230mg
Pumpkin Pie	92g (1 slice)	200	100	11g	6g	0g	35mg	3g	23g	14g	1g	240mg
Reduced Sugar Apple Pie	116g (1 piece)	230	120	13g	3g	3g	0mg	3g	28g	10g	2g	160mg
Reduced Sugar Banana Cream Pie	91g (1 piece)	180	100	11g	8g	1g	0mg	2g	20g	4g	1g	150mg
Reduced Sugar Chocolate Cream Pie	79g (1 piece)	190	110	12g	9g	1.5g	0mg	2g	19g	1g	<1g	260mg
Reduced Sugar Pie-Cherry	95g (1 piece)	170	90	10g	7g	1g	0mg	2g	18g	2g	0g	330mg
Reduced Sugar Pie-Lemon	95g (1 piece)	170	90	10g	7g	1g	0mg	2g	18g	2g	0g	330mg
Reduced Sugar Pie-Lime	95g (1 piece)	170	90	10g	7g	1g	0mg	2g	18g	2g	0g	330mg
Reduced Sugar Pie-Orange	95g (1 piece)	170	90	10g	7g	1g	0mg	2g	18g	2g	0g	330mg
Reduced Sugar Pie-Raspberry	95g (1 piece)	170	90	10g	7g	1g	0mg	2g	18g	2g	0g	330mg
Reduced Sugar Pie-Strawberry	95g (1 piece)	170	90	10g	7g	1g	0mg	2g	18g	2g	0g	330mg
Reduced Sugar/Calorie Choc Pudding	86g (1 spoon)	70	10	1g	0.5g	0g	5mg	4g	12g	4g	<1g	360mg
Reduced Sugar/Calorie Vanilla Pudding	86g (1 spoon)	40	10	1g	0.5g	0g	5mg	3g	5g	4g	0g	65mg
Rocky Road Pudding	90g (1 spoon)	160	50	6g	1.5g	1g	0mg	2g	27g	19g	<1g	135mg
Scotcheroo	39g (1 bar)	180	60	7g	2.5g	0g	0mg	3g	27g	17g	<1g	110mg
Seven Layer Bar	58g (1 bar)	220	80	9g	4g	0g	<5mg	4g	32g	26g	1g	135mg
Snickerdoodle Cookie Pizza	48g (1 slice)	180	80	9g	4.5g	2g	2mg	1g	22g	14g	0g	70mg
Snickerdoodle Cookie	26g (1 cookie)	120	50	5g	1g	2g	0mg	1g	17g	10g	0g	55mg
Soft Serve, Chocolate	87g (4 fl. oz.)	120	30	3g	2g	0g	10mg	2g	21g	17g	<1g	85mg
Soft Serve, Vanilla	87g (4 fl. oz.)	130	50	5g	3g	0g	10mg	3g	20g	14g	0g	65mg

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Sprinkles	15g (1 spoon)	70	20	2g	1.5g	0g	0mg	0g	13g	11g	0g	0mg
Strawberry Marble Cake	63g (1 piece)	200	90	10g	2.5g	1.5g	30mg	2g	26g	20g	0g	200mg
Strawberry Mousse Cake	74g (1 piece)	190	100	11g	7g	1.5g	0mg	1g	22g	16g	<1g	135mg
Strawberry Shortcake	110g (1 piece)	200	30	3.5g	3g	0g	0mg	3g	39g	26g	1g	220mg
Strawberry Topping	39g (2 tbsp)	60	0	0g	0g	0g	0mg	0g	15g	14g	0g	10mg
Sugar Free Ranger Cookies	20g (1 cookie)	90	50	5g	2g	1g	0mg	1g	10g	0g	<1g	100mg
Supreme Cake	70g (1 piece)	190	70	8g	2g	1g	30mg	2g	26g	16g	0g	190mg
Sweet Potato Pie	71g (1 piece)	280	160	18g	4.5g	1g	30mg	3g	26g	15g	<1g	140mg
Tapioca Pudding	90g (1 spoon)	120	30	3.5g	1g	0g	0mg	2g	20g	13g	0g	130mg
Tres Leches	90g (1 piece)	250	140	15g	8g	0g	50mg	4g	25g	21g	0g	160mg
Turtle Brownie	40g (1 brownie)	130	30	3.5g	1g	0g	0mg	2g	23g	15g	1g	130mg
Vanilla Pudding	90g (1 spoon)	130	50	5g	1g	1.5g	0mg	1g	20g	16g	0g	130mg
Whipped Topping	21g (1 spoon)	60	50	5g	4.5g	0g	0mg	0g	3g	3g	0g	20mg