



2026 NUTRITION GUIDE

Italian Ice

Type	Ice Type	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein
Italian Ice	Kids (8.2 oz.)	100 - 260	0 - 20	0 - 2	0 - 1	0 - 0	0 - 0	10 - 85	26 - 63	0 - 1	25 - 60	0 - 59	0 - 0
	Small (10.8 oz.)	130 - 370	0 - 60	0 - 6	0 - 2	0 - 0	0 - 0	10 - 400	26 - 66	0 - 2	33 - 75	0 - 74	0 - 3
	Large (18.3 oz.)	220 - 620	0 - 25	0 - 11	0 - 3	0 - 0	0 - 0	20 - 190	12 - 141	0 - 3	56 - 133	12 - 132	0 - 5
	Quart (32 oz.)	380 - 1090	0 - 40	0 - 19	0 - 4.5	0 - 0	0 - 0	31 - 329	89 - 247	0 - 5	97 - 233	74 - 232	0 - 8
Cream Ice	Kids (8.2 oz.)	170 - 300	0 - 45	0 - 7	0 - 4	0 - 0	0 - 0	40 - 125	36 - 66	0 - 11	33 - 59	32 - 59	0 - 2
	Small (10.8 oz.)	220 - 390	0 - 50	2 - 9	1 - 5	0 - 0	0 - 0	50 - 160	48 - 87	0 - 14	44 - 78	0 - 78	0 - 2
	Large (18.3 oz.)	380 - 650	0 - 90	3 - 15	0 - 9	0 - 0	0 - 10	65 - 280	82 - 148	0 - 3	78 - 132	42 - 131	0 - 4
	Quart (32 oz.)	660 - 1140	0 - 160	4 - 26	3.5 - 16	0 - 2	0 - 15	153 - 500	142 - 259	0 - 5	129 - 231	124 - 228	0 - 7
Sugar-Free Ice	Kids (8.2 oz.)	80 - 120	0 - 0	0 - 0	0 - 0	0 - 0	0 - 0	20 - 25	30 - 31	0 - 0	0 - 0	0 - 0	0 - 0
	Small (10.8 oz.)	110 - 150	0 - 0	0 - 0	0 - 0	0 - 0	0 - 0	25 - 35	39 - 41	0 - 0	0 - 0	0 - 0	0 - 0
	Large (18.3 oz.)	140 - 260	0 - 0	0 - 0	0 - 0	0 - 0	0 - 0	35 - 60	44 - 69	0 - 0	0 - 0	0 - 0	0 - 0
	Quart (32 oz.)	330 - 450	0 - 0	0 - 0	0 - 0	0 - 0	0 - 0	68 - 105	115 - 121	0 - 0	0 - 0	0 - 0	0 - 0

Gallon provides approx 18-22 Kids cups. Party Bucket provides approx 53 Kids cups. Please refer to nutrition information for Kids cup serving size.

Frozen Custard

Flavor	Size	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein
All Custard Flavors	Small Cup (4.5 oz.)	230 - 295	90 - 130	10 - 14	6 - 9	0 - 0	60 - 85	140 - 220	26 - 40	0 - 0	21 - 27	0 - 10	4 - 5
	Large Cup (5.75 oz.)	310 - 365	110 - 160	13 - 20	8 - 11	0 - 0	75 - 105	180 - 280	36 - 50	0 - 0	29 - 35	0 - 13	5 - 7
	Pint (11 oz.)	600 - 650	220 - 300	24 - 34	15 - 21	0 - 0	140 - 200	350 - 520	70 - 86	0 - 0	57 - 67	0 - 25	9 - 12

Gelati

Flavor	Size	Product	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein
All Custard Flavors	Small	Italian Ice	260 - 440	70 - 110	7 - 15	4.5 - 8	0 - 0	45 - 65	130 - 230	44 - 81	0 - 0	28 - 72	16 - 71	3 - 6
		Cream Ice	320 - 450	70 - 125	8 - 16	4.5 - 10.5	0 - 0	45 - 65	140 - 270	53 - 84	0 - 0	45 - 71	27 - 70	0 - 1
		SF Ice	250 - 300	70 - 110	7 - 11	4.5 - 7	0 - 0	45 - 65	120 - 170	47 - 53	0 - 0	17 - 21	0 - 20	3 - 4
	Large	Italian Ice	360 - 700	80 - 135	9 - 21	6 - 10	0 - 0	53 - 76	150 - 335	62 - 166	0 - 2	56 - 122	31 - 106	3 - 8
		Cream Ice	500 - 720	80 - 170	9 - 24	6 - 15	0 - 0	53 - 76	175 - 400	86 - 170	0 - 2	75 - 121	52 - 105	3 - 8
		SF Ice	360 - 430	80 - 120	9 - 13	6 - 8	0	53 - 76	160 - 240	74 - 113	0 - 0	21 - 25	0 - 9	3 - 5

5-Layer Gelati (one size)

Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein
All Flavors	420 - 640	120 - 220	14 - 26	9 - 17	0 - 0	80 - 115	200 - 840	40 - 108	0 - 0	32 - 91	0 - 67	10 - 14

Blendini® (one size)

Product	Type	Product	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein
All Toppings	Original	Italian Ice	410 - 700	110 - 330	12 - 39.5	8 - 20.5	0 - 0	45 - 110	190 - 450	53 - 110	0 - 9	43 - 96	9 - 73	5 - 12
		Cream Ice	440 - 690	110 - 345	12 - 40	8 - 22	0 - 0	45 - 110	200 - 470	58 - 104	0 - 14	47 - 88	15 - 66	5 - 12
		SF Ice	400 - 610	110 - 330	12 - 37	8 - 20	0 - 0	45 - 110	190 - 425	55 - 87	0 - 9	31 - 60	0 - 38	5 - 12
	Stuffed	All Flavors	70 - 210	0 - 170	0 - 19	0 - 4	0 - 0	0 - 5	10 - 140	6 - 27	0 - 2	3 - 20	2 - 20	0 - 6

Concrete (one size)

Product	Type	Product	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein
All Flavors	Original	All Flavors	530 - 900	160 - 560	17 - 63	11 - 34	0 - 0	105 - 155	250 - 660	60 - 117	0 - 0	44 - 99	0 - 68	6 - 22
	Stuffed	All Flavors	70 - 210	0 - 170	0 - 19	0 - 4	0 - 0	0 - 5	10 - 140	6 - 27	0 - 2	3 - 20	2 - 20	0 - 6

Frozen Custard Sundae

Type	Size	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein
Soft Serve Sundae	Small Cup (4.5 oz.)	330 - 735	90 - 495	10 - 55	6 - 29	0 - 0	60 - 105	140 - 490	36 - 92	0 - 18	25 - 78	0 - 61	4 - 17
	Large Cup (5.75 oz.)	410 - 805	110 - 525	13 - 61	8 - 31	0 - 0	75 - 125	180 - 550	46 - 102	0 - 18	33 - 86	0 - 64	5 - 19
Hand-Scooped Sundae	Small (5 oz.)	360 - 990	120 - 540	13 - 60	7.5 - 25.5	0 - 0	70 - 135	95 - 530	42 - 107	0 - 6	28 - 92	14 - 80	5 - 21
	Large (8 oz.)	520 - 1190	190 - 640	21 - 71	12 - 32.5	0 - 0	110 - 200	150 - 665	60 - 132	0 - 6	44 - 114	22 - 96	8 - 25
Soft Serve/Hand-Scooped Brownie/Cookie Sundae	Small (4.5 oz.)	560 - 1271	140 - 646	21 - 72	10.5 - 31.5	0 - 1	87.5 - 161	201 - 670	74 - 146	1 - 8	46 - 116	14 - 80	7 - 24
	Large (5.75 oz.)	630 - 1471	170 - 746	24 - 83	13 - 38.5	0 - 1	112.5 - 226	256 - 805	81 - 171	1 - 8	52 - 138	22 - 96	8 - 28

Milkshakes

Flavor	Size	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein
All Flavors	Small (12 oz.)	530 - 795	220 - 435	24 - 49	15 - 24	0 - 0	130 - 170	300 - 500	65 - 103	0 - 19	54 - 79	0 - 21	12 - 18
	Large (20 oz.)	760 - 1225	300 - 695	34 - 78	20 - 35	0 - 0	180 - 235	420 - 780	96 - 161	0 - 27	80 - 123	0 - 42	16 - 29

BLENDERS™

Misto® Shake

Flavor	Size	Product	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein
All Flavors	Small (12 oz.)	Italian Ice	260 - 500	60 - 85	7 - 14	4 - 7	0 - 0	40 - 45	105 - 205	48 - 99	0 - 2	44 - 90	24 - 75	3 - 6
		Cream Ice	350 - 520	60 - 90	9 - 16	5 - 9	0 - 0	40 - 50	130 - 205	62 - 102	0 - 14	44 - 90	24 - 75	3 - 6
		SF Ice	250 - 300	60 - 70	7 - 8	4 - 5	0 - 0	40 - 45	100 - 135	53 - 58	0 - 0	13 - 15	0 - 0	3 - 3
	Large (20 oz.)	Italian Ice	400 - 770	90 - 120	10 - 20	5 - 8	0 - 0	55 - 70	165 - 310	72 - 158	0 - 3	70 - 140	38 - 119	4 - 8
		Cream Ice	540 - 810	90 - 160	10 - 24	5 - 13	0 - 0	55 - 80	165 - 310	93 - 164	0 - 22	87 - 139	64 - 118	4 - 7
		SF Ice	370 - 440	90 - 100	10 - 10	5 - 5	0 - 0	55 - 70	155 - 195	79 - 92	0 - 0	20 - 20	0 - 0	4 - 4

Ice Blender

Flavor	Size	Product	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein
All Ice Flavors	Small (12 oz.)	Italian Ice	110 - 350	0 - 15	0 - 6	0 - 2	0 - 0	0 - 0	25 - 105	32 - 80	0 - 2	31 - 75	24 - 75	0 - 3
		Cream Ice	210 - 370	0 - 20	2 - 8	1 - 4	0 - 0	0 - 5	50 - 105	46 - 83	0 - 14	42 - 74	40 - 74	0 - 3
		SF Ice	140 - 150	0 - 0	0 - 0	0 - 0	0 - 0	0 - 0	20 - 35	37 - 39	0 - 0	0 - 0	0 - 0	0 - 0
	Large (20 oz.)	Italian Ice	180 - 500	0 - 20	0 - 9	0 - 2	0 - 0	0 - 0	15 - 150	46 - 114	0 - 2	45 - 107	34 - 106	0 - 4
		Cream Ice	300 - 530	0 - 70	0 - 12	0 - 7	0 - 0	0 - 5	70 - 220	65 - 119	0 - 19	59 - 106	57 - 105	0 - 3
		SF Ice	150 - 210	0 - 0	0 - 0	0 - 0	0 - 0	0 - 0	30 - 50	53 - 56	0 - 0	0 - 0	0 - 0	0 - 0

Frozen Matcha

Flavor	Size	Product	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein
All Flavors	Small (12 oz.)	All Flavors	460 - 630	70 - 115	8 - 13	5 - 8	0 - 0	45 - 60	140 - 245	95 - 125	0 - 0	81 - 102	68 - 89	3 - 4
	Large (20 oz.)	All Flavors	700 - 990	100 - 160	11 - 18	7 - 12	0 - 0	65 - 85	210 - 420	147 - 203	0 - 0	126 - 168	107 - 149	4 - 6

Frozen Coffee

Flavor	Size	Product	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein
All Flavors	Small (12 oz.)	All Flavors	370 - 540	70 - 115	8 - 13	5 - 8	0 - 0	45 - 60	135 - 240	73 - 103	0 - 0	68 - 89	55 - 76	3 - 4
	Large (20 oz.)	All Flavors	570 - 860	100 - 160	11 - 18	7 - 12	0 - 0	65 - 85	200 - 410	115 - 171	0 - 0	107 - 149	88 - 130	4 - 6

Toppings

Product	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein
Almond Toffee Crunch	100	0	0	0	0	0	0	20	0	12	12	0
Apple Pie Filling	100	0	0	0	0	0	0	19	0	11	0	0
ANDES® Mints	100	0	0	0	0	0	20	25	<1g	20	20	0
Chocolate Chips	70	0	0	0	0	0	0	25	0	25	25	0
Brownie Bites	50	20	2	0.5	0	0	10	19	<1g	16	10	0
Cookie Dough Bites	50	15	2	1	0	0	40	8	9	4	0	0
Chopped Peanuts	70	20	2.5	1	0	0	15	7	0	2	2	<1g
Hot Caramel	130	20	2	1	0	0	45	12	0	7	7	<1g
Hot Fudge	50	20	2.5	1	0	0	0	9	0	5	5	<1g
Peanut Butter Sauce	210	170	19	3	0	0	105	20	<1g	17	17	1
M&Ms Minis	100	35	4	1	0	0	75	15	0	8	8	<1g
Maraschino Cherries	10	0	0	0	0	0	0	2	0	1	0	0
Mini Gummy Bears	150	120	13	2	0	0	10	9	<1g	8	8	<1g
NERDS®	110	60	6	4	0	< 5 mg	20	19	<1g	18	16	1
OREO® Pieces	100	60	7	3	0	0	0	17	2	14	0	1
Pie Pieces	130	50	6	3	0	< 5 mg	10	17	1	15	14	1
REESE'S PB Cups	120	40	4.5	4	0	< 5 mg	10	25	0	16	14	2
Sprinkles, Chocolate	120	35	4	4	0	< 5 mg	60	12	<1g	11	10	2
Sprinkles, Rainbow	120	45	5	4	0	5	140	6	2	3	2	6
Strawberry Topping	150	90	10	9	0	5	0	5	2	<1g	0	6
Unicorn Glitter	100	0	0	0	0	0	0	26	0	26	26	0
Vanilla Wafers	100	50	6	2	0	0	105	27	0	20	20	1
Wet Walnuts	280	160	18	2	0	0	0	25	3	20	0	4
Whipped Cream	80	50	6	3.5	0	20	5	6	0	3	2	1

Custard Cookie Sandwiches													
Product	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein
Custard Cookie Sandwiches - Individual	All Flavors	230 - 410	80 - 180	9 - 20	4 - 11	0 - 0	30 - 40	190 - 230	33 - 55	1 - 3	17 - 38	9 - 22	4 - 4

Hand-Scoped Custard Cookie Sandwiches													
Product	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein
Custard Cookie Sandwiches - Individual	All Flavors	650 - 762	270 - 312	30 - 35	10.5 - 19	0 - 2	75 - 117	267 - 415	86 - 103	2 - 4	56 - 70	0 - 0	9 - 10

Hand-Scoped Frozen Custard													
Flavor	Size	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein
All Custard Flavors	Small Cup (5 oz.)	260 - 340	120 - 170	13 - 18	7.5 - 12	0 - 0	70 - 105	95 - 225	30 - 41	0 - 0	26 - 36	14 - 26	5 - 6
	Large Cup (8 oz.)	420 - 540	190 - 270	21 - 29	12 - 19	0 - 0	110 - 170	150 - 360	48 - 66	0 - 0	42 - 58	22 - 42	8 - 10
	Pint (14 oz.)	740 - 940	330 - 470	37 - 51	21 - 33	0 - 0	190 - 300	260 - 630	84 - 116	0 - 0	74 - 102	38 - 74	14 - 18

Cookies & Brownies													
Flavors	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein	
All Flavors	220 - 281	30 - 106	8 - 12	3 - 6	0 - 1	17.5 - 26	106 - 140	34 - 39	1 - 2	20 - 24	0 - 0	2 - 3	

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