

# BRUSTER'S MINT CHIP YOGURT - DISH - SM

## Nutrition Facts

Serving Size (140g)

Servings Per Container 1

Amount Per Serving

**Calories** 170      **Calories from Fat** 50

% Daily Value\*

**Total Fat** 6g      **8%**

**Saturated Fat** 3.5g      **17%**

*Trans Fat* 0g

**Cholesterol** 15mg      **5%**

**Sodium** 150mg      **6%**

**Total Carbohydrate** 24g      **8%**

    Dietary Fiber 0g      **1%**

    Sugars 21g

**Protein** 6g

Vitamin A 2%      •      Vitamin C 2%

Calcium 20%      •      Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**Ingredients:** MILK, SUGAR, CORN SYRUP, WHEY, CREAM, NONFAT MILK SOLIDS, GUAR GUM, MONO & DIGLYCERIDES, SODIUM PHOSPHATE, CALCIUM PHOSPHATE, CARRAGEENAN, POLYSORBATE 80, VANILLA, VANILLIN, NATURAL AND ARTIFICIAL FLAVOR, FD&C YELLOW 5 & 6, CARAMEL COLOR. CHOCOLATE FLAKES: SUGAR, COCONUT OIL, COCOA (PROCESSED WITH ALKALI), PARTIALLY HYDROGENATED COCONUT OIL, COCOA, SALT, SOY LECITHIN, NATURAL FLAVORS.

# BRUSTER'S MINT CHIP YOGURT - DISH - REG

## Nutrition Facts

Serving Size (210g)

Servings Per Container 1

Amount Per Serving

Calories 250      Calories from Fat 70

% Daily Value\*

Total Fat 8g      13%

Saturated Fat 5g      25%

Trans Fat 0g

Cholesterol 20mg      7%

Sodium 220mg      9%

Total Carbohydrate 37g      12%

Dietary Fiber 0g      1%

Sugars 32g

Protein 8g

Vitamin A 4%      •      Vitamin C 4%

Calcium 30%      •      Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: MILK, SUGAR, CORN SYRUP, WHEY, CREAM, NONFAT MILK SOLIDS, GUAR GUM, MONO & DIGLYCERIDES, SODIUM PHOSPHATE, CALCIUM PHOSPHATE, CARRAGEENAN, POLYSORBATE 80, VANILLA, VANILLIN, NATURAL AND ARTIFICIAL FLAVOR, FD&C YELLOW 5 & 6, CARAMEL COLOR. CHOCOLATE FLAKES: SUGAR, COCONUT OIL, COCOA (PROCESSED WITH ALKALI), PARTIALLY HYDROGENATED COCONUT OIL, COCOA, SALT, SOY LECITHIN, NATURAL FLAVORS.

# BRUSTER'S MINT CHIP YOGURT - DISH - LG

## Nutrition Facts

Serving Size (280g)

Servings Per Container 1

Amount Per Serving

Calories 340    Calories from Fat 100

% Daily Value\*

Total Fat 11g    17%

Saturated Fat 7g    34%

Trans Fat 0g

Cholesterol 30mg    9%

Sodium 290mg    12%

Total Carbohydrate 49g    16%

Dietary Fiber 0g    1%

Sugars 43g

Protein 11g

Vitamin A 6%    •    Vitamin C 6%

Calcium 40%    •    Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: MILK, SUGAR, CORN SYRUP, WHEY, CREAM, NONFAT MILK SOLIDS, GUAR GUM, MONO & DIGLYCERIDES, SODIUM PHOSPHATE, CALCIUM PHOSPHATE, CARRAGEENAN, POLYSORBATE 80, VANILLA, VANILLIN, NATURAL AND ARTIFICIAL FLAVOR, FD&C YELLOW 5 & 6, CARMEL COLOR. CHOCOLATE FLAKES: SUGAR, COCONUT OIL, COCOA (PROCESSED WITH ALKALI), PARTIALLY HYDROGENATED COCONUT OIL, COCOA, SALT, SOY LECITHIN, NATURAL FLAVORS.

# BRUSTER'S MINT CHIP YOGURT - SUGAR CONE - SM

## Nutrition Facts

Serving Size (153g)

Servings Per Container 1

Amount Per Serving

Calories 220      Calories from Fat 50

% Daily Value\*

Total Fat 6g      9%

Saturated Fat 3.5g      17%

Trans Fat 0g

Cholesterol 15mg      5%

Sodium 170mg      7%

Total Carbohydrate 36g      12%

Dietary Fiber 0g      1%

Sugars 24g

Protein 6g

Vitamin A 2%      •      Vitamin C 2%

Calcium 25%      •      Iron 2%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: MILK, SUGAR, CORN SYRUP, WHEY, CREAM, NONFAT MILK SOLIDS, GUAR GUM, MONO & DIGLYCERIDES, SODIUM PHOSPHATE, CALCIUM PHOSPHATE, CARRAGEENAN, POLYSORBATE 80, VANILLA, VANILLIN, NATURAL AND ARTIFICIAL FLAVOR, FD&C YELLOW 5 & 6, CARAMEL COLOR. CHOCOLATE FLAKES: SUGAR, COCONUT OIL, COCOA (PROCESSED WITH ALKALI), PARTIALLY HYDROGENATED COCONUT OIL, COCOA, SALT, SOY LECITHIN, NATURAL FLAVORS. SUGAR CONE: ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), TAPIOCA FLOUR, SUGAR, VEGETABLE SHORTENING (SOYBEAN AND/OR CANOLA OIL, MODIFIED PALM OIL, SOY LECITHIN, AND/OR PARTIALLY HYDROGENATED SOYBEAN OIL), OAT FIBER AND/OR VEGETABLE FIBER, SALT, CARAMEL COLOR, ARTIFICIAL FLAVOR, SOY LECITHIN.

**BRUSTER'S MINT CHIP YOGURT - SUGAR CONE - REG**

# Nutrition Facts

Serving Size (223g)  
 Servings Per Container 1

Amount Per Serving

Calories 310      Calories from Fat 80

% Daily Value\*

Total Fat 9g      13%

Saturated Fat 5g      25%

Trans Fat 0g

Cholesterol 20mg      7%

Sodium 240mg      10%

Total Carbohydrate 49g      16%

Dietary Fiber 0g      1%

Sugars 35g

Protein 9g

Vitamin A 4%      •      Vitamin C 4%

Calcium 35%      •      Iron 2%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: MILK, SUGAR, CORN SYRUP, WHEY, CREAM, NONFAT MILK SOLIDS, GUAR GUM, MONO & DIGLYCERIDES, SODIUM PHOSPHATE, CALCIUM PHOSPHATE, CARRAGEENAN, POLYSORBATE 80, VANILLA, VANILLIN, NATURAL AND ARTIFICIAL FLAVOR, FD&C YELLOW 5 & 6, CAMEL COLOR. CHOCOLATE FLAKES: SUGAR, COCONUT OIL, COCOA (PROCESSED WITH ALKALI), PARTIALLY HYDROGENATED COCONUT OIL, COCOA, SALT, SOY LECITHIN, NATURAL FLAVORS. SUGAR CONE: ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), TAPIOCA FLOUR, SUGAR, VEGETABLE SHORTENING (SOYBEAN AND/OR CANOLA OIL, MODIFIED PALM OIL, SOY LECITHIN, AND/OR PARTIALLY HYDROGENATED SOYBEAN OIL), OAT FIBER AND/OR VEGETABLE FIBER, SALT, CAMEL COLOR, ARTIFICIAL FLAVOR, SOY LECITHIN.

**BRUSTER'S MINT CHIP YOGURT - SUGAR CONE - LG**

# Nutrition Facts

Serving Size (293g)  
 Servings Per Container 1

Amount Per Serving

Calories 390    Calories from Fat 100

% Daily Value\*

Total Fat	11g	17%
Saturated Fat	7g	34%
Trans Fat	0g	
Cholesterol	30mg	9%
Sodium	310mg	13%
Total Carbohydrate	61g	20%
Dietary Fiber	0g	1%
Sugars	46g	

Protein 12g

Vitamin A 6%    •    Vitamin C 6%

Calcium 45%    •    Iron 2%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: MILK, SUGAR, CORN SYRUP, WHEY, CREAM, NONFAT MILK SOLIDS, GUAR GUM, MONO & DIGLYCERIDES, SODIUM PHOSPHATE, CALCIUM PHOSPHATE, CARRAGEENAN, POLYSORBATE 80, VANILLA, VANILLIN, NATURAL AND ARTIFICIAL FLAVOR, FD&C YELLOW 5 & 6, CARAMEL COLOR. CHOCOLATE FLAKES: SUGAR, COCONUT OIL, COCOA (PROCESSED WITH ALKALI), PARTIALLY HYDROGENATED COCONUT OIL, COCOA, SALT, SOY LECITHIN, NATURAL FLAVORS. SUGAR CONE: ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), TAPIOCA FLOUR, SUGAR, VEGETABLE SHORTENING (SOYBEAN AND/OR CANOLA OIL, MODIFIED PALM OIL, SOY LECITHIN, AND/OR PARTIALLY HYDROGENATED SOYBEAN OIL), OAT FIBER AND/OR VEGETABLE FIBER, SALT, CARAMEL COLOR, ARTIFICIAL FLAVOR, SOY LECITHIN.

# BRUSTER'S MINT CHIP YOGURT - CAKE CONE - SM

## Nutrition Facts

Serving Size (146g)

Servings Per Container 1

Amount Per Serving

Calories 190      Calories from Fat 50

% Daily Value\*

Total Fat 6g      9%

Saturated Fat 3.5g      17%

Trans Fat 0g

Cholesterol 15mg      5%

Sodium 160mg      7%

Total Carbohydrate 29g      10%

Dietary Fiber 0g      1%

Sugars 21g

Protein 6g

Vitamin A 2%      •      Vitamin C 2%

Calcium 20%      •      Iron 2%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: MILK, SUGAR, CORN SYRUP, WHEY, CREAM, NONFAT MILK SOLIDS, GUAR GUM, MONO & DIGLYCERIDES, SODIUM PHOSPHATE, CALCIUM PHOSPHATE, CARRAGEENAN, POLYSORBATE 80, VANILLA, VANILLIN, NATURAL AND ARTIFICIAL FLAVOR, FD&C YELLOW 5 & 6, CARAMEL COLOR. CHOCOLATE FLAKES: SUGAR, COCONUT OIL, COCOA (PROCESSED WITH ALKALI), PARTIALLY HYDROGENATED COCONUT OIL, COCOA, SALT, SOY LECITHIN, NATURAL FLAVORS. CAKE CONE: ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), TAPIOCA FLOUR, SUGAR, VEGETABLE OIL SHORTENING (SOYBEAN AND/OR CANOLA OIL, MODIFIED PALM OIL, SOY LECITHIN, AND/OR PARTIALLY HYDROGENATED SOYBEAN OIL), LEAVENING (SODIUM BICARBONATE, AMMONIUM BICARBONATE), SALT, NATURAL FLAVOR, ANNATTO (VEGETABLE COLOR).

**BRUSTER'S MINT CHIP YOGURT - CAKE CONE - REG**

**Nutrition Facts**

Serving Size (216g)  
 Servings Per Container 1

Amount Per Serving

Calories 280      Calories from Fat 80

% Daily Value\*

Total Fat 8g      13%

Saturated Fat 5g      25%

Trans Fat 0g

Cholesterol 20mg      7%

Sodium 230mg      10%

Total Carbohydrate 42g      14%

Dietary Fiber 0g      1%

Sugars 32g

Protein 9g

Vitamin A 4%      •      Vitamin C 4%

Calcium 30%      •      Iron 2%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: MILK, SUGAR, CORN SYRUP, WHEY, CREAM, NONFAT MILK SOLIDS, GUAR GUM, MONO & DIGLYCERIDES, SODIUM PHOSPHATE, CALCIUM PHOSPHATE, CARRAGEENAN, POLYSORBATE 80, VANILLA, VANILLIN, NATURAL AND ARTIFICIAL FLAVOR, FD&C YELLOW 5 & 6, CARAMEL COLOR. CHOCOLATE FLAKES: SUGAR, COCONUT OIL, COCOA (PROCESSED WITH ALKALI), PARTIALLY HYDROGENATED COCONUT OIL, COCOA, SALT, SOY LECITHIN, NATURAL FLAVORS. CAKE CONE: ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), TAPIOCA FLOUR, SUGAR, VEGETABLE OIL SHORTENING (SOYBEAN AND/OR CANOLA OIL, MODIFIED PALM OIL, SOY LECITHIN, AND/OR PARTIALLY HYDROGENATED SOYBEAN OIL), LEAVENING (SODIUM BICARBONATE, AMMONIUM BICARBONATE), SALT, NATURAL FLAVOR, ANNATTO (VEGETABLE COLOR).



# BRUSTER'S MINT CHIP YOGURT - CAKE CONE - LG

## Nutrition Facts

Serving Size (286g)

Servings Per Container 1

Amount Per Serving

Calories 360    Calories from Fat 100

% Daily Value\*

Total Fat 11g    17%

    Saturated Fat 7g    34%

    Trans Fat 0g

Cholesterol 30mg    9%

Sodium 300mg    13%

Total Carbohydrate 54g    18%

    Dietary Fiber 0g    1%

    Sugars 43g

Protein 12g

Vitamin A 6%    •    Vitamin C 6%

Calcium 40%    •    Iron 2%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: MILK, SUGAR, CORN SYRUP, WHEY, CREAM, NONFAT MILK SOLIDS, GUAR GUM, MONO & DIGLYCERIDES, SODIUM PHOSPHATE, CALCIUM PHOSPHATE, CARRAGEENAN, POLYSORBATE 80, VANILLA, VANILLIN, NATURAL AND ARTIFICIAL FLAVOR, FD&C YELLOW 5 & 6, CARAMEL COLOR. CHOCOLATE FLAKES: SUGAR, COCONUT OIL, COCOA (PROCESSED WITH ALKALI), PARTIALLY HYDROGENATED COCONUT OIL, COCOA, SALT, SOY LECITHIN, NATURAL FLAVORS. CAKE CONE: ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), TAPIOCA FLOUR, SUGAR, VEGETABLE OIL SHORTENING (SOYBEAN AND/OR CANOLA OIL, MODIFIED PALM OIL, SOY LECITHIN, AND/OR PARTIALLY HYDROGENATED SOYBEAN OIL), LEAVENING (SODIUM BICARBONATE, AMMONIUM BICARBONATE), SALT, NATURAL FLAVOR, ANNATTO (VEGETABLE COLOR).

# BRUSTER'S MINT CHIP YOGURT - WAFFLE CONE - SM

## Nutrition Facts

Serving Size (170g)

Servings Per Container 1

Amount Per Serving

Calories 300      Calories from Fat 80

% Daily Value\*

Total Fat 9g      13%

Saturated Fat 4g      21%

Trans Fat 0g

Cholesterol 20mg      7%

Sodium 150mg      6%

Total Carbohydrate 47g      16%

Dietary Fiber 0g      1%

Sugars 32g

Protein 7g

Vitamin A 2%      •      Vitamin C 2%

Calcium 20%      •      Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: MILK, SUGAR, CORN SYRUP, WHEY, CREAM, NONFAT MILK SOLIDS, GUAR GUM, MONO & DIGLYCERIDES, SODIUM PHOSPHATE, CALCIUM PHOSPHATE, CARRAGEENAN, POLYSORBATE 80, VANILLA, VANILLIN, NATURAL AND ARTIFICIAL FLAVOR, FD&C YELLOW 5 & 6, CARAMEL COLOR. CHOCOLATE FLAKES: SUGAR, COCONUT OIL, COCOA (PROCESSED WITH ALKALI), PARTIALLY HYDROGENATED COCONUT OIL, COCOA, SALT, SOY LECITHIN, NATURAL FLAVORS. WAFFLE CONE: ENRICHED BLEACHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, VEGETABLE SHORTENING (PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OILS), WHOLE EGG, ARTIFICIAL FLAVOR (INCLUDING MALTODEXTRIN, MODIFIED CORNSTARCH, BUTTER, BUTTERMILK), DEXTROSE, SOY LECITHIN, ARTIFICIAL VANILLA FLAVOR.

**BRUSTER'S MINT CHIP YOGURT - WAFFLE CONE - REG**

**Nutrition Facts**

Serving Size (240g)  
 Servings Per Container 1



Amount Per Serving

Calories 380    Calories from Fat 100



% Daily Value\*

Total Fat	11g	18%
Saturated Fat	6g	29%
Trans Fat	0g	
Cholesterol	30mg	10%
Sodium	220mg	9%
Total Carbohydrate	59g	20%
Dietary Fiber	0g	1%
Sugars	42g	

Protein 10g



Vitamin A 4%    •    Vitamin C 4%  
 Calcium 30%    •    Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: MILK, SUGAR, CORN SYRUP, WHEY, CREAM, NONFAT MILK SOLIDS, GUAR GUM, MONO & DIGLYCERIDES, SODIUM PHOSPHATE, CALCIUM PHOSPHATE, CARRAGEENAN, POLYSORBATE 80, VANILLA, VANILLIN, NATURAL AND ARTIFICIAL FLAVOR, FD&C YELLOW 5 & 6, CARAMEL COLOR. CHOCOLATE FLAKES: SUGAR, COCONUT OIL, COCOA (PROCESSED WITH ALKALI), PARTIALLY HYDROGENATED COCONUT OIL, COCOA, SALT, SOY LECITHIN, NATURAL FLAVORS. WAFFLE CONE: ENRICHED BLEACHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, VEGETABLE SHORTENING (PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OILS), WHOLE EGG, ARTIFICIAL FLAVOR (INCLUDING MALTODEXTRIN, MODIFIED CORNSTARCH, BUTTER, BUTTERMILK), DEXTROSE, SOY LECITHIN, ARTIFICIAL VANILLA FLAVOR.

**BRUSTER’S MINT CHIP YOGURT - WAFFLE CONE - LG**

**Nutrition Facts**

Serving Size (310g)  
 Servings Per Container 1

Amount Per Serving

Calories 470      Calories from Fat 130

% Daily Value\*

Total Fat	14g	22%
Saturated Fat	8g	38%
Trans Fat	0g	
Cholesterol	35mg	12%
Sodium	290mg	12%
Total Carbohydrate	72g	24%
Dietary Fiber	0g	1%
Sugars	53g	

Protein 13g

Vitamin A 6%      •      Vitamin C 6%  
 Calcium 40%      •      Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: MILK, SUGAR, CORN SYRUP, WHEY, CREAM, NONFAT MILK SOLIDS, GUAR GUM, MONO & DIGLYCERIDES, SODIUM PHOSPHATE, CALCIUM PHOSPHATE, CARRAGEENAN, POLYSORBATE 80, VANILLA, VANILLIN, NATURAL AND ARTIFICIAL FLAVOR, FD&C YELLOW 5 & 6, CARAMEL COLOR. CHOCOLATE FLAKES: SUGAR, COCONUT OIL, COCOA (PROCESSED WITH ALKALI), PARTIALLY HYDROGENATED COCONUT OIL, COCOA, SALT, SOY LECITHIN, NATURAL FLAVORS. WAFFLE CONE: ENRICHED BLEACHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, VEGETABLE SHORTENING (PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OILS), WHOLE EGG, ARTIFICIAL FLAVOR (INCLUDING MALTODEXTRIN, MODIFIED CORNSTARCH, BUTTER, BUTTERMILK), DEXTROSE, SOY LECITHIN, ARTIFICIAL VANILLA FLAVOR.