

# Nutrition Facts

1 servings per container

**Serving size** 2.7 oz (76g)

**Amount per serving**  
**Calories** 110

**% Daily Value\***

**Total Fat** 0g 0%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 70mg 3%

**Total Carbohydrate** 23g 8%

Dietary Fiber 0g 0%

Total Sugars 5g

Includes 0g of Added Sugars 0%

**Protein** 4g

Vitamin D 0mcg 0%

Calcium 130mg 10%

Iron 0.4mg 2%

Potassium 150mg 4%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:** Skim Milk, Lactitol, Maltodextrin, Cellulose Gel, Mono & Diglycerides, Cellulose Gum, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Caramel Color, Vitamin A Palmitate. Caramel Swirl: Maltitol Syrup, Nonfat Milk, Sorbitol, Cream (milk), Modified Cornstarch, Cellulose Gum, Natural and Artificial Flavors, Disodium Phosphate, Sodium Bicarbonate, Salt, Xanthan Gum, Potassium Sorbate (a preservative), and Aspartame\*. 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). \*PHENYLKETONURICS: CONTAINS PHENYLALANINE.

# Nutrition Facts

1 servings per container  
**Serving size 5.2 oz (146g)**

**Amount per serving**  
**Calories 190**

**% Daily Value\***

<b>Total Fat</b>	0g	<b>0%</b>
Saturated Fat	0g	<b>0%</b>
<i>Trans</i> Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	125mg	<b>5%</b>
<b>Total Carbohydrate</b>	41g	<b>15%</b>
Dietary Fiber	<1g	<b>4%</b>
Total Sugars	10g	
Includes 0g of Added Sugars		<b>0%</b>
<b>Protein</b>	7g	
Vitamin D	0mcg	<b>0%</b>
Calcium	250mg	<b>20%</b>
Iron	0.4mg	<b>2%</b>
Potassium	300mg	<b>6%</b>

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**Ingredients:** Skim Milk, Lactitol, Maltodextrin, Cellulose Gel, Mono & Diglycerides, Cellulose Gum, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Caramel Color, Vitamin A Palmitate. Caramel Swirl: Maltitol Syrup, Nonfat Milk, Sorbitol, Cream (milk), Modified Cornstarch, Cellulose Gum, Natural and Artificial Flavors, Disodium Phosphate, Sodium Bicarbonate, Salt, Xanthan Gum, Potassium Sorbate (a preservative), and Aspartame\*. 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). \*PHENYLKETONURICS: CONTAINS PHENYLALANINE.

# Nutrition Facts

1 servings per container  
**Serving size 7.7 oz (216g)**

**Amount per serving**  
**Calories 280**

**% Daily Value\***

<b>Total Fat</b>	0g	<b>0%</b>
Saturated Fat	0g	<b>0%</b>
<i>Trans</i> Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	190mg	<b>8%</b>
<b>Total Carbohydrate</b>	59g	<b>21%</b>
Dietary Fiber	<1g	<b>4%</b>
Total Sugars	15g	
Includes 0g of Added Sugars		<b>0%</b>
<b>Protein</b>	10g	
Vitamin D	0mcg	<b>0%</b>
Calcium	380mg	<b>30%</b>
Iron	0.4mg	<b>2%</b>
Potassium	450mg	<b>10%</b>

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**Ingredients:** Skim Milk, Lactitol, Maltodextrin, Cellulose Gel, Mono & Diglycerides, Cellulose Gum, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Caramel Color, Vitamin A Palmitate. Caramel Swirl: Maltitol Syrup, Nonfat Milk, Sorbitol, Cream (milk), Modified Cornstarch, Cellulose Gum, Natural and Artificial Flavors, Disodium Phosphate, Sodium Bicarbonate, Salt, Xanthan Gum, Potassium Sorbate (a preservative), and Aspartame\*. 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). \*PHENYLKETONURICS: CONTAINS PHENYLALANINE.

# Nutrition Facts

1 servings per container  
**Serving size 10.2 oz (286g)**

**Amount per serving**  
**Calories 360**

**% Daily Value\***

<b>Total Fat</b>	0g	<b>0%</b>
Saturated Fat	0g	<b>0%</b>
<i>Trans</i> Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	240mg	<b>10%</b>
<b>Total Carbohydrate</b>	77g	<b>28%</b>
Dietary Fiber	1g	<b>4%</b>
Total Sugars	20g	
Includes 0g of Added Sugars		<b>0%</b>
<b>Protein</b>	13g	
Vitamin D	0mcg	<b>0%</b>
Calcium	500mg	<b>40%</b>
Iron	0.4mg	<b>2%</b>
Potassium	600mg	<b>15%</b>

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**Ingredients:** Skim Milk, Lactitol, Maltodextrin, Cellulose Gel, Mono & Diglycerides, Cellulose Gum, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Caramel Color, Vitamin A Palmitate. Caramel Swirl: Maltitol Syrup, Nonfat Milk, Sorbitol, Cream (milk), Modified Cornstarch, Cellulose Gum, Natural and Artificial Flavors, Disodium Phosphate, Sodium Bicarbonate, Salt, Xanthan Gum, Potassium Sorbate (a preservative), and Aspartame\*. 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). \*PHENYLKETONURICS: CONTAINS PHENYLALANINE.

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>2.5 oz (70g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>80</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 60mg	<b>3%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 5g	
Includes 0g of Added Sugars	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	<b>0%</b>
Calcium 120mg	<b>10%</b>
Iron 0mg	<b>0%</b>
Potassium 150mg	<b>4%</b>

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**Ingredients:** Skim Milk, Lactitol, Maltodextrin, Cellulose Gel, Mono & Diglycerides, Cellulose Gum, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Caramel Color, Vitamin A Palmitate. Caramel Swirl: Maltitol Syrup, Nonfat Milk, Sorbitol, Cream (cream), Modified Cornstarch, Cellulose Gum, Natural and Artificial Flavors, Disodium Phosphate, Sodium Bicarbonate, Salt, Xanthan Gum, Potassium Sorbate (A Preservative), Aspartame\*.  
 \*PHENYLKETONURICS: CONTAINS PHENYLALANINE.

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>5 oz (140g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>170</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 115mg	<b>5%</b>
<b>Total Carbohydrate</b> 36g	<b>13%</b>
Dietary Fiber <1g	<b>4%</b>
Total Sugars 10g	
Includes 0g of Added Sugars	<b>0%</b>
<b>Protein</b> 6g	
Vitamin D 0mcg	<b>0%</b>
Calcium 250mg	<b>20%</b>
Iron 0mg	<b>0%</b>
Potassium 300mg	<b>6%</b>
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

**Ingredients:** Skim Milk, Lactitol, Maltodextrin, Cellulose Gel, Mono & Diglycerides, Cellulose Gum, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Caramel Color, Vitamin A Palmitate. Caramel Swirl: Maltitol Syrup, Nonfat Milk, Sorbitol, Cream (cream), Modified Cornstarch, Cellulose Gum, Natural and Artificial Flavors, Disodium Phosphate, Sodium Bicarbonate, Salt, Xanthan Gum, Potassium Sorbate (A Preservative), Aspartame\*.  
 \*PHENYLKETONURICS: CONTAINS PHENYLALANINE.

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>7.5 oz (210g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>250</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 54g	<b>20%</b>
Dietary Fiber <1g	<b>4%</b>
Total Sugars 15g	
Includes 0g of Added Sugars	<b>0%</b>
<b>Protein</b> 10g	
Vitamin D 0mcg	<b>0%</b>
Calcium 370mg	<b>30%</b>
Iron 0mg	<b>0%</b>
Potassium 450mg	<b>10%</b>

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**Ingredients:** Skim Milk, Lactitol, Maltodextrin, Cellulose Gel, Mono & Diglycerides, Cellulose Gum, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Caramel Color, Vitamin A Palmitate. Caramel Swirl: Maltitol Syrup, Nonfat Milk, Sorbitol, Cream (cream), Modified Cornstarch, Cellulose Gum, Natural and Artificial Flavors, Disodium Phosphate, Sodium Bicarbonate, Salt, Xanthan Gum, Potassium Sorbate (A Preservative), Aspartame\*.  
 \*PHENYLKETONURICS: CONTAINS PHENYLALANINE.

<b>Nutrition Facts</b>		
1 servings per container		
<b>Serving size</b>	<b>10 oz (280g)</b>	
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<b>Amount per serving</b>		
<b>Calories</b>	<b>340</b>	
<hr/>		
	<b>% Daily Value*</b>	
<b>Total Fat</b> 0g		<b>0%</b>
Saturated Fat 0g		<b>0%</b>
<i>Trans</i> Fat 0g		
<b>Cholesterol</b> 0mg		<b>0%</b>
<b>Sodium</b> 230mg		<b>10%</b>
<b>Total Carbohydrate</b> 72g		<b>26%</b>
Dietary Fiber 1g		<b>4%</b>
Total Sugars 20g		
Includes 0g of Added Sugars		<b>0%</b>
<b>Protein</b> 13g		
<hr/>		
Vitamin D 0mcg		<b>0%</b>
Calcium 500mg		<b>40%</b>
Iron 0mg		<b>0%</b>
Potassium 590mg		<b>15%</b>
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*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

**Ingredients:** Skim Milk, Lactitol, Maltodextrin, Cellulose Gel, Mono & Diglycerides, Cellulose Gum, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Caramel Color, Vitamin A Palmitate. Caramel Swirl: Maltitol Syrup, Nonfat Milk, Sorbitol, Cream (cream), Modified Cornstarch, Cellulose Gum, Natural and Artificial Flavors, Disodium Phosphate, Sodium Bicarbonate, Salt, Xanthan Gum, Potassium Sorbate (A Preservative), Aspartame\*.  
 \*PHENYLKETONURICS: CONTAINS PHENYLALANINE.



# Nutrition Facts

1 servings per container

**Serving size** 3 oz (83g)

**Amount per serving**  
**Calories** 140

**% Daily Value\***

**Total Fat** 0g 0%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 80mg 3%

**Total Carbohydrate** 30g 11%

Dietary Fiber 0g 0%

Total Sugars 8g

Includes 3g of Added Sugars 6%

**Protein** 4g

Vitamin D 0mcg 0%

Calcium 150mg 10%

Iron 0.4mg 2%

Potassium 170mg 4%

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**Ingredients:** Skim Milk, Lactitol, Maltodextrin, Cellulose Gel, Mono & Diglycerides, Cellulose Gum, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Caramel Color, Vitamin A Palmitate. Caramel Swirl: Maltitol Syrup, Nonfat Milk, Sorbitol, Cream (milk), Modified Cornstarch, Cellulose Gum, Natural and Artificial Flavors, Disodium Phosphate, Sodium Bicarbonate, Salt, Xanthan Gum, Potassium Sorbate (a preservative), and Aspartame\*. 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.

\*PHENYLKETONURICS: CONTAINS PHENYLALANINE.

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>5.5 oz (153g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>220</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 135mg	<b>6%</b>
<b>Total Carbohydrate</b> 48g	<b>17%</b>
Dietary Fiber <1g	<b>4%</b>
Total Sugars 13g	
Includes 3g of Added Sugars	<b>6%</b>
<b>Protein</b> 7g	
Vitamin D 0mcg	<b>0%</b>
Calcium 270mg	<b>20%</b>
Iron 0.4mg	<b>2%</b>
Potassium 320mg	<b>6%</b>

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**Ingredients:** Skim Milk, Lactitol, Maltodextrin, Cellulose Gel, Mono & Diglycerides, Cellulose Gum, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Caramel Color, Vitamin A Palmitate. Caramel Swirl: Maltitol Syrup, Nonfat Milk, Sorbitol, Cream (milk), Modified Cornstarch, Cellulose Gum, Natural and Artificial Flavors, Disodium Phosphate, Sodium Bicarbonate, Salt, Xanthan Gum, Potassium Sorbate (a preservative), and Aspartame\*. 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.  
 \*PHENYLKETONURICS: CONTAINS PHENYLALANINE.

# Nutrition Facts

1 servings per container

**Serving size** 8 oz (223g)

Amount per serving

**Calories** 310

% Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 200mg 9%

**Total Carbohydrate** 66g 24%

Dietary Fiber <1g 4%

Total Sugars 18g

Includes 3g of Added Sugars 6%

**Protein** 10g

Vitamin D 0mcg 0%

Calcium 400mg 30%

Iron 0.4mg 2%

Potassium 460mg 10%

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**Ingredients:** Skim Milk, Lactitol, Maltodextrin, Cellulose Gel, Mono & Diglycerides, Cellulose Gum, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Caramel Color, Vitamin A Palmitate. Caramel Swirl: Maltitol Syrup, Nonfat Milk, Sorbitol, Cream (milk), Modified Cornstarch, Cellulose Gum, Natural and Artificial Flavors, Disodium Phosphate, Sodium Bicarbonate, Salt, Xanthan Gum, Potassium Sorbate (a preservative), and Aspartame\*. 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.

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<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>10.5 oz (293g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>390</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 250mg	<b>11%</b>
<b>Total Carbohydrate</b> 84g	<b>31%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 23g	
Includes 3g of Added Sugars	<b>6%</b>
<b>Protein</b> 13g	
Vitamin D 0mcg	<b>0%</b>
Calcium 520mg	<b>40%</b>
Iron 0.4mg	<b>2%</b>
Potassium 600mg	<b>15%</b>
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

**Ingredients:** Skim Milk, Lactitol, Maltodextrin, Cellulose Gel, Mono & Diglycerides, Cellulose Gum, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Caramel Color, Vitamin A Palmitate. Caramel Swirl: Maltitol Syrup, Nonfat Milk, Sorbitol, Cream (milk), Modified Cornstarch, Cellulose Gum, Natural and Artificial Flavors, Disodium Phosphate, Sodium Bicarbonate, Salt, Xanthan Gum, Potassium Sorbate (a preservative), and Aspartame\*. 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.  
 \*PHENYLKETONURICS: CONTAINS PHENYLALANINE.

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>3.6 oz (100g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>210</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 60mg	<b>3%</b>
<b>Total Carbohydrate</b> 41g	<b>15%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 15g	
Includes 10g of Added Sugars	<b>20%</b>
<b>Protein</b> 5g	
Vitamin D 0mcg	<b>0%</b>
Calcium 130mg	<b>10%</b>
Iron 0.6mg	<b>4%</b>
Potassium 150mg	<b>4%</b>

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**Ingredients:** Skim Milk, Lactitol, Maltodextrin, Cellulose Gel, Mono & Diglycerides, Cellulose Gum, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Caramel Color, Vitamin A Palmitate. Caramel Swirl: Maltitol Syrup, Nonfat Milk, Sorbitol, Cream (milk), Modified Cornstarch, Cellulose Gum, Natural and Artificial Flavors, Disodium Phosphate, Sodium Bicarbonate, Salt, Xanthan Gum, Potassium Sorbate (a preservative), and Aspartame\*. 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.  
 \*PHENYLKETONURICS: CONTAINS PHENYLALANINE.

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>6.1 oz (170g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>300</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 115mg	<b>5%</b>
<b>Total Carbohydrate</b> 59g	<b>21%</b>
Dietary Fiber <1g	<b>4%</b>
Total Sugars 20g	
Includes 10g of Added Sugars	<b>20%</b>
<b>Protein</b> 8g	
Vitamin D 0mcg	<b>0%</b>
Calcium 250mg	<b>20%</b>
Iron 0.6mg	<b>4%</b>
Potassium 300mg	<b>6%</b>
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

**Ingredients:** Skim Milk, Lactitol, Maltodextrin, Cellulose Gel, Mono & Diglycerides, Cellulose Gum, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Caramel Color, Vitamin A Palmitate. Caramel Swirl: Maltitol Syrup, Nonfat Milk, Sorbitol, Cream (milk), Modified Cornstarch, Cellulose Gum, Natural and Artificial Flavors, Disodium Phosphate, Sodium Bicarbonate, Salt, Xanthan Gum, Potassium Sorbate (a preservative), and Aspartame\*. 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.  
 \*PHENYLKETONURICS: CONTAINS PHENYLALANINE.

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>8.6 oz (240g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>380</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 77g	<b>28%</b>
Dietary Fiber <1g	<b>4%</b>
Total Sugars 25g	
Includes 10g of Added Sugars	<b>20%</b>
<b>Protein</b> 11g	
Vitamin D 0mcg	<b>0%</b>
Calcium 380mg	<b>30%</b>
Iron 0.6mg	<b>4%</b>
Potassium 450mg	<b>10%</b>
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

**Ingredients:** Skim Milk, Lactitol, Maltodextrin, Cellulose Gel, Mono & Diglycerides, Cellulose Gum, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Caramel Color, Vitamin A Palmitate. Caramel Swirl: Maltitol Syrup, Nonfat Milk, Sorbitol, Cream (milk), Modified Cornstarch, Cellulose Gum, Natural and Artificial Flavors, Disodium Phosphate, Sodium Bicarbonate, Salt, Xanthan Gum, Potassium Sorbate (a preservative), and Aspartame\*. 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.  
 \*PHENYLKETONURICS: CONTAINS PHENYLALANINE.

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>11.1 oz (310g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>460</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 230mg	<b>10%</b>
<b>Total Carbohydrate</b> 94g	<b>34%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 30g	
Includes 10g of Added Sugars	<b>20%</b>
<b>Protein</b> 14g	
Vitamin D 0mcg	<b>0%</b>
Calcium 500mg	<b>40%</b>
Iron 0.6mg	<b>4%</b>
Potassium 590mg	<b>15%</b>
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

**Ingredients:** Skim Milk, Lactitol, Maltodextrin, Cellulose Gel, Mono & Diglycerides, Cellulose Gum, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Caramel Color, Vitamin A Palmitate. Caramel Swirl: Maltitol Syrup, Nonfat Milk, Sorbitol, Cream (milk), Modified Cornstarch, Cellulose Gum, Natural and Artificial Flavors, Disodium Phosphate, Sodium Bicarbonate, Salt, Xanthan Gum, Potassium Sorbate (a preservative), and Aspartame\*. 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.  
 \*PHENYLKETONURICS: CONTAINS PHENYLALANINE.