

Nutrition Facts	
1 servings per container	
Serving size	2.7 oz (76g)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Total Sugars 6g	
Includes 0g of Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 140mg	10%
Iron 0.5mg	2%
Potassium 180mg	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. Chocolate Fudge: Maltitol Syrup, Nonfat Milk, Glycerin, Cocoa Processed with Alkali, Modified Cornstarch, Potassium Sorbate (a preservative), Xanthan Gum, Artificial Flavor, 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 220

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 120mg 5%

Total Carbohydrate 46g 17%

Dietary Fiber <1g 4%

Total Sugars 11g

Includes 0g of Added Sugars 0%

Protein 8g

Vitamin D 0mcg 0%

Calcium 270mg 20%

Iron 0.7mg 4%

Potassium 360mg 8%

*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. Chocolate Fudge: Maltitol Syrup, Nonfat Milk, Glycerin, Cocoa Processed with Alkali, Modified Cornstarch, Potassium Sorbate (a preservative), Xanthan Gum, Artificial Flavor, 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	310
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 67g	24%
Dietary Fiber 1g	4%
Total Sugars 16g	
Includes 0g of Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 410mg	30%
Iron 0.8mg	4%
Potassium 540mg	10%

* 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. Chocolate Fudge: Maltitol Syrup, Nonfat Milk, Glycerin, Cocoa Processed with Alkali, Modified Cornstarch, Potassium Sorbate (a preservative), Xanthan Gum, Artificial Flavor, 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 410

% Daily Value*

Total Fat	0g	0%
Saturated Fat	0g	0%
<i>Trans</i> Fat	0g	
Cholesterol	0mg	0%
Sodium	230mg	10%
Total Carbohydrate	88g	32%
Dietary Fiber	2g	7%
Total Sugars	22g	
Includes 0g of Added Sugars		0%
Protein	15g	
Vitamin D	0mcg	0%
Calcium	550mg	40%
Iron	1mg	6%
Potassium	720mg	15%

* 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. Chocolate Fudge: Maltitol Syrup, Nonfat Milk, Glycerin, Cocoa Processed with Alkali, Modified Cornstarch, Potassium Sorbate (a preservative), Xanthan Gum, Artificial Flavor, 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 2.5 oz (70g)

Amount per serving
Calories 100

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 55mg 2%

Total Carbohydrate 21g 8%

Dietary Fiber 0g 0%

Total Sugars 5g

Includes 0g of Added Sugars 0%

Protein 4g

Vitamin D 0mcg 0%

Calcium 140mg 10%

Iron 0mg 0%

Potassium 180mg 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. Chocolate Fudge: Maltitol Syrup, Nonfat Milk, Glycerin, Cocoa Processed with Alkali, Modified Cornstarch, Potassium Sorbate (a preservative), Xanthan Gum, Artificial Flavor, and Aspartame*. *PHENYLKETONURICS: CONTAINS PHENLYALANINE.

Nutrition Facts

1 servings per container

Serving size 5 oz (140g)

Amount per serving

Calories 190

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 110mg 5%

Total Carbohydrate 41g 15%

Dietary Fiber <1g 4%

Total Sugars 11g

Includes 0g of Added Sugars 0%

Protein 7g

Vitamin D 0mcg 0%

Calcium 270mg 20%

Iron 0mg 0%

Potassium 360mg 8%

*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. Chocolate Fudge: Maltitol Syrup, Nonfat Milk, Glycerin, Cocoa Processed with Alkali, Modified Cornstarch, Potassium Sorbate (a preservative), Xanthan Gum, Artificial Flavor, and Aspartame*. *PHENYLKETONURICS: CONTAINS PHENLYALANINE.

Nutrition Facts	
1 servings per container	
Serving size	7.5 oz (210g)
Amount per serving	
Calories	290
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 62g	23%
Dietary Fiber 1g	4%
Total Sugars 16g	
Includes 0g of Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 410mg	30%
Iron 0.5mg	2%
Potassium 530mg	10%
<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. Chocolate Fudge: Maltitol Syrup, Nonfat Milk, Glycerin, Cocoa Processed with Alkali, Modified Cornstarch, Potassium Sorbate (a preservative), Xanthan Gum, Artificial Flavor, and Aspartame*. *PHENYLKETONURICS: CONTAINS PHENLYALANINE.

Nutrition Facts	
1 servings per container	
Serving size	10 oz (280g)
Amount per serving	
Calories	390
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	10%
Total Carbohydrate 83g	30%
Dietary Fiber 2g	7%
Total Sugars 22g	
Includes 0g of Added Sugars	0%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 550mg	40%
Iron 0.6mg	4%
Potassium 710mg	15%
<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. Chocolate Fudge: Maltitol Syrup, Nonfat Milk, Glycerin, Cocoa Processed with Alkali, Modified Cornstarch, Potassium Sorbate (a preservative), Xanthan Gum, Artificial Flavor, and Aspartame*. *PHENYLKETONURICS: CONTAINS PHENLYALANINE.

Nutrition Facts	
1 servings per container	
Serving size	3 oz (83g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 33g	12%
Dietary Fiber 0g	0%
Total Sugars 8g	
Includes 3g of Added Sugars	6%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 160mg	10%
Iron 0.5mg	2%
Potassium 200mg	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. Chocolate Fudge: Maltitol Syrup, Nonfat Milk, Glycerin, Cocoa Processed with Alkali, Modified Cornstarch, Potassium Sorbate (a preservative), Xanthan Gum, Artificial Flavor, 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 5.5 oz (153g)

Amount per serving
Calories 250

% Daily Value*

Total Fat	0g	0%
Saturated Fat	0g	0%
<i>Trans</i> Fat	0g	
Cholesterol	0mg	0%
Sodium	130mg	6%
Total Carbohydrate	53g	19%
Dietary Fiber	<1g	4%
Total Sugars	14g	
Includes 3g of Added Sugars		6%
Protein	8g	
Vitamin D	0mcg	0%
Calcium	300mg	25%
Iron	0.7mg	4%
Potassium	370mg	8%

* 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. Chocolate Fudge: Maltitol Syrup, Nonfat Milk, Glycerin, Cocoa Processed with Alkali, Modified Cornstarch, Potassium Sorbate (a preservative), Xanthan Gum, Artificial Flavor, 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	340
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 74g	27%
Dietary Fiber 1g	4%
Total Sugars 19g	
Includes 3g of Added Sugars	6%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 430mg	35%
Iron 0.8mg	4%
Potassium 550mg	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. Chocolate Fudge: Maltitol Syrup, Nonfat Milk, Glycerin, Cocoa Processed with Alkali, Modified Cornstarch, Potassium Sorbate (a preservative), Xanthan Gum, Artificial Flavor, 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 10.5 oz (293g)

Amount per serving
Calories 440

% Daily Value*

Total Fat	0g	0%
Saturated Fat	0g	0%
<i>Trans</i> Fat	0g	
Cholesterol	0mg	0%
Sodium	240mg	10%
Total Carbohydrate	95g	35%
Dietary Fiber	2g	7%
Total Sugars	25g	
Includes 3g of Added Sugars		6%
Protein	15g	
Vitamin D	0mcg	0%
Calcium	570mg	45%
Iron	1mg	6%
Potassium	730mg	15%

* 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. Chocolate Fudge: Maltitol Syrup, Nonfat Milk, Glycerin, Cocoa Processed with Alkali, Modified Cornstarch, Potassium Sorbate (a preservative), Xanthan Gum, Artificial Flavor, 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	3.6 oz (100g)
Amount per serving	
Calories	220
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 10mg	3%
Sodium 55mg	2%
Total Carbohydrate 44g	16%
Dietary Fiber 0g	0%
Total Sugars 16g	
Includes 10g of Added Sugars	20%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 140mg	10%
Iron 0.7mg	4%
Potassium 180mg	4%
<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. Chocolate Fudge: Maltitol Syrup, Nonfat Milk, Glycerin, Cocoa Processed with Alkali, Modified Cornstarch, Potassium Sorbate (a preservative), Xanthan Gum, Artificial Flavor, 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 PHENLYALANINE.

Nutrition Facts

1 servings per container

Serving size 6.1 oz (170g)

Amount per serving
Calories **320**

% Daily Value*

Total Fat 3g **4%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 110mg **5%**

Total Carbohydrate 64g **23%**

Dietary Fiber <1g **4%**

Total Sugars 21g

Includes 10g of Added Sugars **20%**

Protein 9g

Vitamin D 0mcg **0%**

Calcium 270mg **20%**

Iron 0.8mg **4%**

Potassium 350mg **8%**

* 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. Chocolate Fudge: Maltitol Syrup, Nonfat Milk, Glycerin, Cocoa Processed with Alkali, Modified Cornstarch, Potassium Sorbate (a preservative), Xanthan Gum, Artificial Flavor, 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 PHENLYALANINE.

Nutrition Facts

1 servings per container
Serving size 8.6 oz (240g)

Amount per serving
Calories 420

% Daily Value*

Total Fat	3.5g	4%
Saturated Fat	1g	5%
<i>Trans</i> Fat	0g	
Cholesterol	10mg	3%
Sodium	170mg	7%
Total Carbohydrate	85g	31%
Dietary Fiber	1g	4%
Total Sugars	27g	
Includes 10g of Added Sugars		20%
Protein	12g	
Vitamin D	0mcg	0%
Calcium	410mg	30%
Iron	1mg	6%
Potassium	530mg	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. Chocolate Fudge: Maltitol Syrup, Nonfat Milk, Glycerin, Cocoa Processed with Alkali, Modified Cornstarch, Potassium Sorbate (a preservative), Xanthan Gum, Artificial Flavor, 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 PHENLYALANINE.

Nutrition Facts

1 servings per container
Serving size 11.1 oz (310g)

Amount per serving
Calories 510

% Daily Value*

Total Fat	3.5g	4%
Saturated Fat	1g	5%
<i>Trans</i> Fat	0g	
Cholesterol	10mg	3%
Sodium	220mg	10%
Total Carbohydrate	105g	38%
Dietary Fiber	2g	7%
Total Sugars	32g	
Includes 10g of Added Sugars		20%
Protein	16g	
Vitamin D	0mcg	0%
Calcium	550mg	40%
Iron	1.2mg	6%
Potassium	710mg	15%

* 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. Chocolate Fudge: Maltitol Syrup, Nonfat Milk, Glycerin, Cocoa Processed with Alkali, Modified Cornstarch, Potassium Sorbate (a preservative), Xanthan Gum, Artificial Flavor, 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 PHENLYALANINE.