

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%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 24g	9%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 0g of Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 120mg	10%
Iron 0.4mg	2%
Potassium 210mg	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, Coffee, Sucralose, Carrageenan, Nonfat Milk Solids, Coffee, Vanillin, Vanilla, Caramel Color, and Vitamin A Palmitate. Caramel: 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 200

% Daily Value*

Total Fat	0g	0%
Saturated Fat	0g	0%
<i>Trans</i> Fat	0g	
Cholesterol	0mg	0%
Sodium	125mg	5%
Total Carbohydrate	42g	15%
Dietary Fiber	<1g	4%
Total Sugars	10g	
Includes 0g of Added Sugars		0%
Protein	7g	
Vitamin D	0mcg	0%
Calcium	250mg	20%
Iron	0.5mg	2%
Potassium	410mg	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, Coffee, Sucralose, Carrageenan, Nonfat Milk Solids, Coffee, Vanillin, Vanilla, Caramel Color, and Vitamin A Palmitate. Caramel: 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	290
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 61g	22%
Dietary Fiber <1g	4%
Total Sugars 15g	
Includes 0g of Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 380mg	30%
Iron 0.6mg	4%
Potassium 620mg	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, Coffee, Sucralose, Carrageenan, Nonfat Milk Solids, Coffee, Vanillin, Vanilla, Caramel Color, and Vitamin A Palmitate. Caramel: 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 380

% Daily Value*

Total Fat	0g	0%
Saturated Fat	0g	0%
<i>Trans</i> Fat	0g	
Cholesterol	0mg	0%
Sodium	240mg	10%
Total Carbohydrate	80g	29%
Dietary Fiber	1g	4%
Total Sugars	20g	
Includes 0g of Added Sugars		0%
Protein	14g	
Vitamin D	0mcg	0%
Calcium	500mg	40%
Iron	0.7mg	4%
Potassium	820mg	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, Coffee, Sucralose, Carrageenan, Nonfat Milk Solids, Coffee, Vanillin, Vanilla, Caramel Color, and Vitamin A Palmitate. Caramel: 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 2.5 oz (70g)

Amount per serving

Calories 90

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 60mg 3%

Total Carbohydrate 19g 7%

Dietary Fiber 0g 0%

Total Sugars 5g

Includes 0g of Added Sugars 0%

Protein 3g

Vitamin D 0mcg 0%

Calcium 120mg 10%

Iron 0mg 0%

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, Coffee, Sucralose, Carrageenan, Nonfat Milk Solids, Coffee, Vanillin, Vanilla, Caramel Color, and Vitamin A Palmitate. Caramel: 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*. *PHENYLKETONURICS: CONTAINS PHENYLALANINE.

Nutrition Facts	
1 servings per container	
Serving size	5 oz (140g)
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 37g	13%
Dietary Fiber <1g	4%
Total Sugars 10g	
Includes 0g of Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 250mg	20%
Iron 0mg	0%
Potassium 410mg	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, Coffee, Sucralose, Carrageenan, Nonfat Milk Solids, Coffee, Vanillin, Vanilla, Caramel Color, and Vitamin A Palmitate. Caramel: 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*. *PHENYLKETONURICS: CONTAINS PHENYLALANINE.

Nutrition Facts

1 servings per container

Serving size 7.5 oz (210g)

Amount per serving

Calories 270

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 170mg 7%

Total Carbohydrate 56g 20%

Dietary Fiber <1g 4%

Total Sugars 15g

Includes 0g of Added Sugars 0%

Protein 10g

Vitamin D 0mcg 0%

Calcium 380mg 30%

Iron 0mg 0%

Potassium 610mg 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, Coffee, Sucralose, Carrageenan, Nonfat Milk Solids, Coffee, Vanillin, Vanilla, Caramel Color, and Vitamin A Palmitate. Caramel: 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*. *PHENYLKETONURICS: CONTAINS PHENYLALANINE.

Nutrition Facts	
1 servings per container	
Serving size	10 oz (280g)
Amount per serving	
Calories	350
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 75g	27%
Dietary Fiber 1g	4%
Total Sugars 20g	
Includes 0g of Added Sugars	0%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 500mg	40%
Iron 0.3mg	0%
Potassium 810mg	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, Coffee, Sucralose, Carrageenan, Nonfat Milk Solids, Coffee, Vanillin, Vanilla, Caramel Color, and Vitamin A Palmitate. Caramel: 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*. *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%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 31g	11%
Dietary Fiber 0g	0%
Total Sugars 8g	
Includes 3g of Added Sugars	6%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 140mg	10%
Iron 0.4mg	2%
Potassium 220mg	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, Coffee, Sucralose, Carrageenan, Nonfat Milk Solids, Coffee, Vanillin, Vanilla, Caramel Color, and Vitamin A Palmitate. Caramel: 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	5.5 oz (153g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 49g	18%
Dietary Fiber <1g	4%
Total Sugars 13g	
Includes 3g of Added Sugars	6%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 270mg	20%
Iron 0.5mg	2%
Potassium 430mg	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, Coffee, Sucralose, Carrageenan, Nonfat Milk Solids, Coffee, Vanillin, Vanilla, Caramel Color, and Vitamin A Palmitate. Caramel: 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	320
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 68g	25%
Dietary Fiber <1g	4%
Total Sugars 18g	
Includes 3g of Added Sugars	6%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 400mg	30%
Iron 0.6mg	4%
Potassium 630mg	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, Coffee, Sucralose, Carrageenan, Nonfat Milk Solids, Coffee, Vanillin, Vanilla, Caramel Color, and Vitamin A Palmitate. Caramel: 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	10.5 oz (293g)
Amount per serving	
Calories	410
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 87g	32%
Dietary Fiber 1g	4%
Total Sugars 23g	
Includes 3g of Added Sugars	6%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 520mg	40%
Iron 0.7mg	4%
Potassium 830mg	20%
<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, Coffee, Sucralose, Carrageenan, Nonfat Milk Solids, Coffee, Vanillin, Vanilla, Caramel Color, and Vitamin A Palmitate. Caramel: 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	3.6 oz (100g)
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 10mg	3%
Sodium 60mg	3%
Total Carbohydrate 42g	15%
Dietary Fiber 0g	0%
Total Sugars 15g	
Includes 10g of Added Sugars	20%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 120mg	10%
Iron 0.6mg	4%
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, Coffee, Sucralose, Carrageenan, Nonfat Milk Solids, Coffee, Vanillin, Vanilla, Caramel Color, and Vitamin A Palmitate. Caramel: 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.

Nutrition Facts	
1 servings per container	
Serving size	6.1 oz (170g)
Amount per serving	
Calories	300
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 10mg	3%
Sodium 115mg	5%
Total Carbohydrate 60g	22%
Dietary Fiber <1g	4%
Total Sugars 20g	
Includes 10g of Added Sugars	20%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 250mg	20%
Iron 0.7mg	4%
Potassium 410mg	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, Coffee, Sucralose, Carrageenan, Nonfat Milk Solids, Coffee, Vanillin, Vanilla, Caramel Color, and Vitamin A Palmitate. Caramel: 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.

Nutrition Facts

1 servings per container

Serving size 8.6 oz (240g)

Amount per serving
Calories 390

% Daily Value*

Total Fat 3.5g 4%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 170mg 7%

Total Carbohydrate 79g 29%

Dietary Fiber <1g 4%

Total Sugars 25g

Includes 10g of Added Sugars 20%

Protein 11g

Vitamin D 0mcg 0%

Calcium 380mg 30%

Iron 0.8mg 4%

Potassium 610mg 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, Coffee, Sucralose, Carrageenan, Nonfat Milk Solids, Coffee, Vanillin, Vanilla, Caramel Color, and Vitamin A Palmitate. Caramel: 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.

Nutrition Facts	
1 servings per container	
Serving size	11.1 oz (310g)
Amount per serving	
Calories	480
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 10mg	3%
Sodium 230mg	10%
Total Carbohydrate 98g	36%
Dietary Fiber 1g	4%
Total Sugars 30g	
Includes 10g of Added Sugars	20%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 500mg	40%
Iron 0.9mg	6%
Potassium 810mg	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, Coffee, Sucralose, Carrageenan, Nonfat Milk Solids, Coffee, Vanillin, Vanilla, Caramel Color, and Vitamin A Palmitate. Caramel: 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.