

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 280mg	12%
Total Carbohydrate 23g	8%
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 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, Natural Caramel Flavor, Sea Salt, 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), 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*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 550mg	24%
Total Carbohydrate 40g	15%
Dietary Fiber <1g	4%
Total Sugars 10g	
Includes 0g of Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 250mg	20%
Iron 0.4mg	2%
Potassium 300mg	6%

* 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, Natural Caramel Flavor, Sea Salt, 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), 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	270
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 820mg	36%
Total Carbohydrate 58g	21%
Dietary Fiber <1g	4%
Total Sugars 15g	
Includes 0g of Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 370mg	30%
Iron 0.4mg	2%
Potassium 450mg	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, Natural Caramel Flavor, Sea Salt, 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), 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*

Total Fat	0g	0%
Saturated Fat	0g	0%
<i>Trans</i> Fat	0g	
Cholesterol	0mg	0%
Sodium	1090mg	47%
Total Carbohydrate	76g	28%
Dietary Fiber	1g	4%
Total Sugars	20g	
Includes 0g of Added Sugars		0%
Protein	13g	
Vitamin D	0mcg	0%
Calcium	500mg	40%
Iron	0.4mg	2%
Potassium	590mg	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, Natural Caramel Flavor, Sea Salt, 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), 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	80
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 18g	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 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, Natural Caramel Flavor, Sea Salt, 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), Aspartame*. ***PHENYLKETONURICS: CONTAINS PHENYLALANINE.**

Nutrition Facts

1 servings per container
Serving size 5 oz (140g)

Amount per serving
Calories 170

% Daily Value*

Total Fat	0g	0%
Saturated Fat	0g	0%
<i>Trans</i> Fat	0g	
Cholesterol	0mg	0%
Sodium	540mg	23%
Total Carbohydrate	35g	13%
Dietary Fiber	<1g	4%
Total Sugars	10g	
Includes 0g of Added Sugars		0%
Protein	6g	
Vitamin D	0mcg	0%
Calcium	250mg	20%
Iron	0mg	0%
Potassium	290mg	6%

*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, Natural Caramel Flavor, Sea Salt, 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), Aspartame*. ***PHENYLKETONURICS: CONTAINS PHENYLALANINE.**

Nutrition Facts

1 servings per container
Serving size 7.5 oz (210g)

Amount per serving
Calories 250

% Daily Value*

Total Fat	0g	0%
Saturated Fat	0g	0%
<i>Trans</i> Fat	0g	
Cholesterol	0mg	0%
Sodium	810mg	35%
Total Carbohydrate	53g	19%
Dietary Fiber	<1g	4%
Total Sugars	15g	
Includes 0g of Added Sugars		0%
Protein	9g	
Vitamin D	0mcg	0%
Calcium	370mg	30%
Iron	0mg	0%
Potassium	440mg	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, Natural Caramel Flavor, Sea Salt, 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), Aspartame*. ***PHENYLKETONURICS: CONTAINS PHENYLALANINE.**

Nutrition Facts

1 servings per container

Serving size 10 oz (280g)

Amount per serving

Calories 340

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 1080mg 47%

Total Carbohydrate 71g 26%

Dietary Fiber 1g 4%

Total Sugars 20g

Includes 0g of Added Sugars 0%

Protein 13g

Vitamin D 0mcg 0%

Calcium 500mg 40%

Iron 0mg 0%

Potassium 590mg 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, Natural Caramel Flavor, Sea Salt, 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), 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 290mg 13%

Total Carbohydrate 30g 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 170mg 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, Natural Caramel Flavor, Sea Salt, 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), 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 220

% Daily Value*

Total Fat	0g	0%
Saturated Fat	0g	0%
<i>Trans</i> Fat	0g	
Cholesterol	0mg	0%
Sodium	560mg	24%
Total Carbohydrate	47g	17%
Dietary Fiber	<1g	4%
Total Sugars	13g	
Includes 3g of Added Sugars		6%
Protein	7g	
Vitamin D	0mcg	0%
Calcium	270mg	20%
Iron	0.4mg	2%
Potassium	310mg	6%

*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, Natural Caramel Flavor, Sea Salt, 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), 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	300
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 830mg	36%
Total Carbohydrate 65g	24%
Dietary Fiber <1g	4%
Total Sugars 18g	
Includes 3g of Added Sugars	6%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 390mg	30%
Iron 0.4mg	2%
Potassium 460mg	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, Natural Caramel Flavor, Sea Salt, 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), 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 390

% Daily Value*

Total Fat	0g	0%
Saturated Fat	0g	0%
<i>Trans</i> Fat	0g	
Cholesterol	0mg	0%
Sodium	1100mg	48%
Total Carbohydrate	83g	30%
Dietary Fiber	1g	4%
Total Sugars	23g	
Includes 3g of Added Sugars		6%
Protein	13g	
Vitamin D	0mcg	0%
Calcium	520mg	40%
Iron	0.4mg	2%
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, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Natural Caramel Flavor, Sea Salt, 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), 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%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 270mg **12%**

Total Carbohydrate 41g **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 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, Natural Caramel Flavor, Sea Salt, 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), 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 290

% Daily Value*

Total Fat	3g	4%
Saturated Fat	1g	5%
<i>Trans</i> Fat	0g	
Cholesterol	10mg	3%
Sodium	540mg	23%
Total Carbohydrate	58g	21%
Dietary Fiber	<1g	4%
Total Sugars	20g	
Includes 10g of Added Sugars		20%
Protein	8g	
Vitamin D	0mcg	0%
Calcium	250mg	20%
Iron	0.6mg	4%
Potassium	290mg	6%

*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, Natural Caramel Flavor, Sea Salt, 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), 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 **380**

% Daily Value*

Total Fat 3.5g **4%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 810mg **35%**

Total Carbohydrate 76g **28%**

Dietary Fiber <1g **4%**

Total Sugars 25g

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

Protein 11g

Vitamin D 0mcg **0%**

Calcium 370mg **30%**

Iron 0.6mg **4%**

Potassium 440mg **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, Natural Caramel Flavor, Sea Salt, 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), 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 460

% Daily Value*

Total Fat	3.5g	4%
Saturated Fat	1g	5%
<i>Trans</i> Fat	0g	
Cholesterol	10mg	3%
Sodium	1080mg	47%
Total Carbohydrate	94g	34%
Dietary Fiber	1g	4%
Total Sugars	30g	
Includes 10g of Added Sugars		20%
Protein	14g	
Vitamin D	0mcg	0%
Calcium	500mg	40%
Iron	0.6mg	4%
Potassium	590mg	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, Natural Caramel Flavor, Sea Salt, 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), 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.