

# CARVEL® PRODUCT NUTRITIONAL FACTS

AS OF 12/20/16

		CALORIES	FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	SUGAR ALCOHOL (g)	PROTEIN (g)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)	
<b>ICE CREAM</b> Kids Cup (2.5 wt oz)	Vanilla	150	9	6	0	45	70	16	0	13	0	2	8	2	8	0	
	Chocolate	140	7	4.5	0	25	75	15	1	14	0	3	6	0	10	4	
	Vanilla with Carvelite®	100	2.5	1.5	0	10	80	18	0	14	0	3	2	0	10	0	
	Chocolate with Carvelite®	100	2	1.5	0	10	65	17	1	14	0	3	2	0	10	4	
	Sherbet <sup>1</sup>	100	1	.5	0	0	40	22	0	17	0	1	0	0	4	0	
<b>ICE CREAM</b> Junior Cup (4.5 wt oz)	Vanilla	270	15	10	0	75	130	28	0	24	0	4	15	2	15	0	
	Chocolate	250	13	8	0	35	130	29	1	25	0	6	8	2	15	0	
	Vanilla with Carvelite®	180	3.5	3	0	15	80	32	0	25	0	6	2	0	6	0	
	Chocolate with Carvelite®	170	4	3	0	15	75	29	0	24	0	6	6	0	6	0	
	Sherbet <sup>1</sup>	180	1.5	1	0	5	70	40	0	30	0	1	0	2	6	0	
<b>ICE CREAM</b> Small Cup (7.5 wt oz)	Vanilla	450	26	17	0	130	210	47	0	40	0	6	20	4	20	0	
	Chocolate	410	21	13	0	55	220	48	2	42	0	10	10	4	25	0	
	Vanilla with Carvelite®	290	6	5	0	25	135	54	0	42	0	10	4	0	10	0	
	Chocolate with Carvelite®	280	6	5	0	20	130	49	0	40	0	11	8	0	8	0	
	Sherbet <sup>1</sup>	290	2.5	1.5	0	5	115	67	0	50	0	2	2	2	10	0	
<b>ICE CREAM</b> Medium Cup (9.5 wt oz)	Vanilla	570	32	22	0	160	270	59	0	51	0	8	25	6	25	0	
	Chocolate	520	27	16	0	70	280	61	2	53	0	12	15	4	30	0	
	Vanilla with Carvelite®	370	8	6	0	30	170	68	0	53	0	12	6	0	10	0	
	Chocolate with Carvelite®	350	8	7	0	25	160	62	0	51	0	13	10	0	10	0	
	Sherbet <sup>1</sup>	370	3	2	0	5	150	85	0	64	0	3	2	2	10	0	
<b>ICE CREAM</b> Large Cup (11.5 wt oz)	Vanilla	630	36	24	0	180	300	65	0	57	0	9	30	6	30	0	
	Chocolate	580	30	18	0	80	300	68	3	59	0	13	15	6	35	2	
	Vanilla with Carvelite®	450	9	7	0	35	210	82	0	64	0	15	8	0	15	0	
	Chocolate with Carvelite®	420	10	8	0	35	200	75	0	62	0	16	15	0	15	0	
	Sherbet <sup>1</sup>	410	3.5	2.5	0	10	160	94	0	71	0	3	2	2	15	0	
<b>CLASSIC SUNDAES® AND BANANA BARGE®</b>	Small Hot Fudge	540	30	22	0	115	220	60	2	52	0	7	20	4	20	4	
	Small Strawberry	610	34	24	0	155	230	67	1	57	0	8	25	35	25	2	
	Small Caramel	700	36	25	0	155	370	84	0	62	0	8	25	6	30	0	
	Medium Hot Fudge	860	48	34	0	190	340	96	3	82	0	11	35	6	30	6	
	Medium Strawberry	730	41	28	0	190	280	81	1	69	0	10	35	40	30	2	
	Medium Caramel	850	43	30	0	190	450	102	0	76	0	10	35	6	35	0	
	Large Hot Fudge	1000	56	39	0	225	410	113	3	97	0	13	40	8	35	6	
	Large Strawberry	860	48	33	0	225	340	95	1	82	0	11	40	45	35	2	
	Large Caramel	990	50	34	0	225	530	119	0	89	0	12	40	8	45	0	
	Banana Barge®	970	46	24	0	95	290	128	7	95	0	19	10	30	40	10	
	<b>SHAKES AND FLOATS</b> Small (16 oz)	Thick Chocolate Shake	650	27	16	0	70	320	93	2	69	0	14	15	4	40	2
		Thick Vanilla Shake	660	31	20	0	150	280	86	0	79	0	11	25	4	35	0
Thick Strawberry Shake		600	31	20	0	150	280	70	1	61	0	11	25	45	35	2	
Black and White Thick Shake		720	35	23	0	135	370	90	3	78	0	14	20	0	45	8	
Oreo® Thick Shake		780	38	20	0	135	530	99	2	74	0	15	20	0	45	15	
Coffee Thick Shake		720	30	20	0	150	290	57	0	50	0	8	25	4	30	2	
Thick Shake Float-Vanilla		810	39	26	0	190	350	102	0	92	0	13	30	6	45	0	
Thick Shake Float-Chocolate		790	34	20	0	90	390	109	3	83	0	17	20	6	45	2	
Thick Shake Float-Strawberry		750	39	26	0	190	340	85	1	74	0	13	30	45	45	2	
Thick Chocolate Shake		1060	47	30	0	220	480	137	2	103	0	16	35	6	50	0	
Thick Vanilla Shake		1000	47	31	0	220	420	130	0	130	0	16	40	6	50	0	
<b>SHAKES AND FLOATS</b> Regular (24 oz)		Thick Strawberry Shake	910	47	36	0	220	420	105	2	92	0	17	40	70	60	4
	Black and White Thick Shake	970	48	32	0	205	520	119	4	103	0	20	30	0	70	8	
	Coffee Thick Shake	1050	46	30	0	230	430	86	0	74	0	12	40	6	45	4	
	Oreo® Thick Shake	1170	57	30	0	205	790	148	2	110	0	22	30	0	70	20	
	Thick Shake Float-Vanilla	1140	55	36	0	265	490	145	0	132	0	18	45	8	60	0	
	Thick Shake Float-Chocolate	1140	48	28	0	125	570	156	6	119	0	24	25	8	70	2	
	Thick Shake Float-Strawberry	1050	55	36	0	265	480	120	2	105	0	18	45	70	60	4	
	Thick Chocolate Shake	1410	63	41	0	295	650	183	3	137	0	21	50	10	70	0	
	Thick Vanilla Shake	1330	62	41	0	295	560	173	0	158	0	21	50	10	70	0	
	Thick Strawberry Shake	1210	62	41	0	295	550	140	2	122	0	22	50	90	70	4	
	Black and White Thick Shake	1330	66	43	0	275	710	163	5	142	0	27	40	0	90	15	
	<b>SHAKES AND FLOATS</b> Large (32 oz)	Coffee Thick Shake	1380	61	40	0	305	570	114	0	99	0	17	50	10	60	4
Oreo® Thick Shake		1790	87	46	0	310	1200	225	4	168	0	34	45	0	110	35	
Thick Shake Float-Vanilla		1470	70	46	0	335	630	188	0	171	0	23	60	10	80	2	
Thick Shake Float-Chocolate		1470	61	35	0	160	730	202	0	154	0	31	35	10	80	2	
Thick Shake Float-Strawberry		1350	70	46	0	335	620	155	2	135	0	24	60	90	80	4	
<b>SUNDAE DASHERS® AND CARVELANCHE®*</b> Small (12 oz)		Sundae Dasher® Mint Chocolate Chip	770	42	24	0	100	290	95	4	76	0	9	15	4	20	8
		Sundae Dasher® Banana's Foster	660	23	15	0	90	420	105	2	67	0	6	15	10	25	2
		Sundae Dasher® Strawberry Shortcake	580	29	19	0	145	240	74	2	60	0	7	20	60	20	4
		Sundae Dasher® Fudge Brownie	850	45	21	0	135	420	102	4	84	0	10	20	4	20	4
		Sundae Dasher® Chocolate Crunchies	760	37	26	0	100	420	100	5	79	0	12	15	0	30	10
		Sundae Dasher® Cookie Dough	760	37	25	0	115	310	99	4	79	0	8	20	4	20	10
		Sundae Dasher® Reese's® Peanut Butter Cups®	870	52	24	0	100	340	85	5	72	0	18	15	0	30	10
	Sundae Dasher® Heath®	830	33	22	0	110	530	116	0	79	0	14	15	0	40	2	
	Sundae Dasher® OREO®	850	45	21	0	135	420	102	4	84	0	10	20	4	20	4	
	Carvelanche® OREO®	590	29	16	0	120	380	71	1	56	0	12	20	0	40	8	
	Carvelanche® M&M's®	600	31	19	0	120	260	69	2	59	0	12	20	0	40	6	
	Carvelanche® Reese's®	590	30	20	0	120	310	68	0	60	0	15	20	0	40	0	
<b>SUNDAE DASHERS® AND CARVELANCHE®*</b> Medium (16 oz)	Sundae Dasher® Mint Chocolate Chip	1230	64	36	0	130	480	157	8	124	0	14	20	4	25	15	
	Sundae Dasher® Banana's Foster	1020	31	20	0	115	700	176	3	108	0	9	20	20	35	2	
	Sundae Dasher® Strawberry Shortcake	730	38	24	0	190	320	91	2	73	0	9	30	60	25	6	
	Sundae Dasher® Fudge Brownie	1170	60	36	0	175	580	147	5	119	0	13	25	4	25	6	
	Sundae Dasher® Chocolate Crunchies	1340	62	45	0	130	830	185	10	138	0	18	20	0	40	25	
	Sundae Dasher® Cookie Dough	1310	60	39	0	160	550	182	7	139	0	14	30	4	25	20	
	Sundae Dasher® Reese's® Peanut Butter Cups®	1420	86	37	0	130	530	134	10	113	0	30	20	0	45	20	
	Sundae Dasher® Heath®	1330	50	36	0	130	840	191	0	126	0	24	20	0	50	2	
	Sundae Dasher® OREO®	1340	61	35	0	130	750	187	9	143	0	18	20	0	45	35	
	Carvelanche® OREO®	860	45	26	0	170	550	103	2	76	0	11	30	6	30	15	
	Carvelanche® M&M's®	890	49	32	0	170	280	100	0	84	0	11	30	6	30	10	
	Carvelanche® Reese's®	870	46	33	0	170	380	97	0	84	0	16</					