



Nutrition Facts:

Vanilla Custard

Serving Size: 5.5 oz. (single size)
Calories: 350
Total Fat: 21g
Saturated Fat: 13g
Cholesterol: 13mg
Sodium: 160mg
Total Carbohydrates: 34g
Dietary Fiber: 1g
Sugars: 33g
Protein: 7g

Chocolate Custard

Serving Size: 5.5 oz. (single size)
Calories: 350
Total Fat: 19g
Saturated Fat: 12g
Cholesterol: 12mg
Sodium: 180mg
Total Carbohydrates: 38g
Dietary Fiber: 1g
Sugars: 35g
Protein: 7g

NonFat No Sugar Added Ice Cream

Serving Size 3.5 oz. (kiddy size)
Calories: 90
Calories from Fats: 0
Cholesterol: 0mg
Sodium: Carbohydrates 25g
Dietary Fiber: 14g
Sugars: 8g
Protein: 6g

Lowfat Yogurt

Serving Size: 3.5 oz, (kiddy cone)
Calories: 130
Total fat: 2g
Saturated fat: 1.5g
Cholesterol: 10mg
Sodium: 65 mg
Total Carbohydrates: 24g
Dietary Fiber: 0g
Sugars: 23g
Protein: 4g