



EMACK & BOLIO'S NUTRITIONAL INFORMATION SHEET

(PER 1/2 CUP SERVING = APPROXIMATELY ONE SCOOP)

Black Raspberry Chocolate Chip: Milk, cultured skim milk, (contains active yogurt cultures), sugar, raspberry (raspberry puree, sugar, corn syrup, natural flavor, FD&C red #40, blue #1), chocolate chips (dutch cocoa, cocoa, butteroil, soy lecithin, natural flavor), cream, skim milk, corn syrup, carob bean gum, guar gum, soy lecithin, carrageenan, and dextrose.

Chocolate Non-Fat: Skim milk, sugar, chocolate base (dutch cocoa, corn syrup, sugar, salt, citric acid), maltodextrin, pure vanilla, egg yolks, guar gum, locust bean gum, carrageenan and live active yogurt cultures.

Chocolate Peanut Butter Swirl: Skim milk, sugar, chocolate base (dutch cocoa, corn syrup, sugar, salt, citric acid), peanut butter (peanuts, peanut and/or cottonseed oil, corn syrup, salt), maltodextrin, egg yolks, pure vanilla, guar gum, locust bean gum, carrageenan and live active yogurt cultures.

Coffee Oreo Low-Fat: Skim milk, sugar, Oreo cookies (sugar, enriched wheat flour, canola, soybean, and/or palm oil, Dutch cocoa, corn syrup, baking soda, salt, soy lecithin, vanillin, chocolate), maltodextrin, egg yolks, coffee, guar gum, locust bean gum, carrageenan and live active yogurt cultures.

Grasshopper Pie Low-Fat: Skim milk, sugar, Oreo cookies (sugar, enriched wheat flour, canola, soybean, and/or palm oil, Dutch cocoa, corn syrup, baking soda, salt, soy lecithin, vanillin, chocolate), chocolate chips (dutch cocoa, cocoa, butteroil, soy lecithin, natural flavor), crème de menthe liqueur, maltodextrin, egg yolks, natural flavor, guar gum, locust bean gum, carrageenan and live active yogurt cultures.

Vanilla Non-Fat: Skim milk, sugar, maltodextrin, egg yolks, pure vanilla, guar gum, locust bean gum, carrageenan and live active yogurt cultures.

	Calories	Total Fat (g %DV)	Saturated Fat (g %DV)	Trans Fat	Cholesterol (mg %DV)	Sodium (mg %DV)	Total Carbohydrate (g %DV)	Dietary Fiber (g %DV)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
130	4.5/7	3.5/18	0	10/3	45/2	21/7	0/0	17	3	2	0	10	0	0
110	0.5/1	0/0	0	10/3	80/3	23/8	0/0	20	4	0	0	10	0	0
150	5/8	1/5	0	10/3	125/5	22/7	1/4	18	5	0	0	10	0	0
120	2/3	0/0	0	10/3	95/4	23/8	1/4	17	4	0	0	10	2	0
140	3/5	1.5/8	0	10/3	90/4	25/8	1/4	17	4	0	0	10	2	0
100	0/0	0/0	0	10/3	55/2	20/7	0/0	19	4	0	0	15	0	0

SORBET

(PER 1/2 CUP SERVING = APPROXIMATELY ONE SCOOP)

Lemon: Water, sugar, corn syrup, concentrated lemon juice, lemon rind, citric acid, natural flavors, xanthan gum, and guar gum.

Mango: Water, sugar, mango, corn syrup, natural flavors, xanthan gum and guar gum.

Raspberry: Water, sugar, red raspberries, corn syrup, natural flavors, xanthan gum, guar gum and locust bean gum.

	Calories	Total Fat (g %DV)	Saturated Fat (g %DV)	Trans Fat	Cholesterol (mg %DV)	Sodium (mg %DV)	Total Carbohydrate (g %DV)	Dietary Fiber (g %DV)	Sugars (g)	Sugar Alcohol	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
130	0/0	0/0	0	0/0	15/1	34/11	0/0	25	0	0	2	0	0	0	0
130	0/0	0/0	0	0/0	0/0	33/11	1/4	25	0	8	2	0	0	0	0
140	0/0	0/0	0	0/0	5/0	35/12	0/0	27	0	0	0	0	0	0	0
160	11/17	5/25	0	25/8	100/4	18/6	5/20	3	9	2	6	0	6	0	0
170	12/18	6/30	0	25/8	55/2	18/6	4/16	3	8	3	6	0	6	0	0

NO SUGAR ADDED ICE CREAM

(PER 1/2 CUP SERVING = APPROXIMATELY ONE SCOOP)

Caramel Pecan No Sugar Added (66g): Milk, cream, caramel (maltitol syrup, water, polydextrose, palm oil, cream, milk protein conc., natural and artificial flavors, butter, glycerine, modified corn starch, salt, mono and diglycerides, carrageenan), pecans, polydextrose, sorbitol, skim milk, natural flavors, stabilizer (microcrystalline cellulose, mono- & diglycerides, cellulose gum, carrageenan), and Splenda brand sucralose.

Moose Tracks (67g): Milk, cream, peanut butter (peanuts, peanut oil, salt), polydextrose, sorbitol, dutch cocoa, skim milk, natural flavors, stabilizer (microcrystalline cellulose, mono- & diglycerides, cellulose gum, carrageenan), coconut oil, lactitol, maltitol, lecithin, vanilla, Splenda brand sucralose and acesulfame potassium.

