



Sugar Free Italian Ice—Reference Serving (85 grams)

Cherry

Nutrition Facts	
Serving Size (85g) Servings Per Container	
Amount Per Serving	
Calories 5	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0% • Vitamin C 4%	
Calcium 0%	• Iron 0%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
<small>Calories</small>	<small>2,000 2,500</small>
<small>Total Fat</small>	<small>Less than 65g 80g</small>
<small>Saturated Fat</small>	<small>Less than 20g 25g</small>
<small>Cholesterol</small>	<small>Less than 300mg 300 mg</small>
<small>Sodium</small>	<small>Less than 2,400mg 2,400mg</small>
<small>Total Carbohydrate</small>	<small>30g 37g</small>
<small>Dietary Fiber</small>	<small>25g 30g</small>
<small>Calories per gram</small>	
<small>Fat 0 • Carbohydrate 4 • Protein 4</small>	

Chocolate

Nutrition Facts	
Serving Size (85g) Servings Per Container	
Amount Per Serving	
Calories 50	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 0g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0%	• Iron 2%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
<small>Calories</small>	<small>2,000 2,500</small>
<small>Total Fat</small>	<small>Less than 65g 80g</small>
<small>Saturated Fat</small>	<small>Less than 20g 25g</small>
<small>Cholesterol</small>	<small>Less than 300mg 300 mg</small>
<small>Sodium</small>	<small>Less than 2,400mg 2,400mg</small>
<small>Total Carbohydrate</small>	<small>30g 37g</small>
<small>Dietary Fiber</small>	<small>25g 30g</small>
<small>Calories per gram</small>	
<small>Fat 0 • Carbohydrate 4 • Protein 4</small>	

Mango-Peach

Nutrition Facts	
Serving Size (85g) Servings Per Container	
Amount Per Serving	
Calories 35	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0%	• Iron 0%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
<small>Calories</small>	<small>2,000 2,500</small>
<small>Total Fat</small>	<small>Less than 65g 80g</small>
<small>Saturated Fat</small>	<small>Less than 20g 25g</small>
<small>Cholesterol</small>	<small>Less than 300mg 300 mg</small>
<small>Sodium</small>	<small>Less than 2,400mg 2,400mg</small>
<small>Total Carbohydrate</small>	<small>30g 37g</small>
<small>Dietary Fiber</small>	<small>25g 30g</small>
<small>Calories per gram</small>	
<small>Fat 0 • Carbohydrate 4 • Protein 4</small>	

Pineapple

Nutrition Facts	
Serving Size (85g) Servings Per Container	
Amount Per Serving	
Calories 35	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0%	• Iron 0%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
<small>Calories</small>	<small>2,000 2,500</small>
<small>Total Fat</small>	<small>Less than 65g 80g</small>
<small>Saturated Fat</small>	<small>Less than 20g 25g</small>
<small>Cholesterol</small>	<small>Less than 300mg 300 mg</small>
<small>Sodium</small>	<small>Less than 2,400mg 2,400mg</small>
<small>Total Carbohydrate</small>	<small>30g 37g</small>
<small>Dietary Fiber</small>	<small>25g 30g</small>
<small>Calories per gram</small>	
<small>Fat 0 • Carbohydrate 4 • Protein 4</small>	

Pink Lemonade

Nutrition Facts	
Serving Size (85g) Servings Per Container	
Amount Per Serving	
Calories 5	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0%	• Iron 0%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
<small>Calories</small>	<small>2,000 2,500</small>
<small>Total Fat</small>	<small>Less than 65g 80g</small>
<small>Saturated Fat</small>	<small>Less than 20g 25g</small>
<small>Cholesterol</small>	<small>Less than 300mg 300 mg</small>
<small>Sodium</small>	<small>Less than 2,400mg 2,400mg</small>
<small>Total Carbohydrate</small>	<small>30g 37g</small>
<small>Dietary Fiber</small>	<small>25g 30g</small>
<small>Calories per gram</small>	
<small>Fat 0 • Carbohydrate 4 • Protein 4</small>	

Root Beer

Nutrition Facts	
Serving Size (85g) Servings Per Container	
Amount Per Serving	
Calories 5	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0%	• Iron 0%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
<small>Calories</small>	<small>2,000 2,500</small>
<small>Total Fat</small>	<small>Less than 65g 80g</small>
<small>Saturated Fat</small>	<small>Less than 20g 25g</small>
<small>Cholesterol</small>	<small>Less than 300mg 300 mg</small>
<small>Sodium</small>	<small>Less than 2,400mg 2,400mg</small>
<small>Total Carbohydrate</small>	<small>30g 37g</small>
<small>Dietary Fiber</small>	<small>25g 30g</small>
<small>Calories per gram</small>	
<small>Fat 0 • Carbohydrate 4 • Protein 4</small>	

Tangerine

Nutrition Facts	
Serving Size (85g) Servings Per Container	
Amount Per Serving	
Calories 5	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0%	• Iron 0%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
<small>Calories</small>	<small>2,000 2,500</small>
<small>Total Fat</small>	<small>Less than 65g 80g</small>
<small>Saturated Fat</small>	<small>Less than 20g 25g</small>
<small>Cholesterol</small>	<small>Less than 300mg 300 mg</small>
<small>Sodium</small>	<small>Less than 2,400mg 2,400mg</small>
<small>Total Carbohydrate</small>	<small>30g 37g</small>
<small>Dietary Fiber</small>	<small>25g 30g</small>
<small>Calories per gram</small>	
<small>Fat 0 • Carbohydrate 4 • Protein 4</small>	

Servings per Container: Italian Ice*

- Kids = 2 1/2 servings
- Regular = 4 servings
- Large = 6 1/3 servings
- Quart = 10 3/4 servings

**To obtain the total amount of calories, fat, carbohydrates per container, simply multiply the nutritional value by the number of servings per container. For example, if you would like to know how many calories in a full Regular Cherry Sugar-Free Italian Ice, simply multiply 5 calories by 4 servings to obtain the total of 20 calories in a Regular Cherry Sugar-Free Italian Ice.*



Light Line Nutritionals

Slenderita™ Fat-Free Soft Serve

85g Reference

Nutrition Facts

Serving Size (85g)
Servings Per Container

Amount Per Serving		Calories from Fat 0	
		% Daily Value*	
Calories 120			
Total Fat 0g		0%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 135mg		6%	
Total Carbohydrate 26g		9%	
Dietary Fiber 0g		0%	
Sugars 17g			

Protein 4g

Vitamin A 0% • Vitamin C 4%
Calcium 15% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	85g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300 mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Kids

Nutrition Facts

Serving Size (113g)
Servings Per Container

Amount Per Serving		Calories from Fat 0	
		% Daily Value*	
Calories 160			
Total Fat 0g		0%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 180mg		8%	
Total Carbohydrate 34g		11%	
Dietary Fiber 1g		4%	
Sugars 23g			

Protein 6g

Vitamin A 0% • Vitamin C 4%
Calcium 25% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	85g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300 mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Regular

Nutrition Facts

Serving Size (163g)
Servings Per Container

Amount Per Serving		Calories from Fat 0	
		% Daily Value*	
Calories 230			
Total Fat 0g		0%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 260mg		11%	
Total Carbohydrate 49g		16%	
Dietary Fiber 1g		4%	
Sugars 33g			

Protein 8g

Vitamin A 0% • Vitamin C 6%
Calcium 35% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	85g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300 mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Large

Nutrition Facts

Serving Size (213g)
Servings Per Container

Amount Per Serving		Calories from Fat 0	
		% Daily Value*	
Calories 300			
Total Fat 0g		0%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 340mg		14%	
Total Carbohydrate 64g		21%	
Dietary Fiber 1g		4%	
Sugars 43g			

Protein 11g

Vitamin A 0% • Vitamin C 8%
Calcium 45% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	85g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300 mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Cake Cone (1)

Nutrition Facts

Serving Size (7g)
Servings Per Container

Amount Per Serving		Calories from Fat 0	
		% Daily Value*	
Calories 10			
Total Fat 0g		0%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 15mg		1%	
Total Carbohydrate 2g		1%	
Dietary Fiber 0g		0%	
Sugars 0g			

Protein 0g

Vitamin A --% • Vitamin C 0%
Calcium 0% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	85g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300 mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Waffle Cone (1)

Nutrition Facts

Serving Size (17g)
Servings Per Container

Amount Per Serving		Calories from Fat 5	
		% Daily Value*	
Calories 40			
Total Fat 0.5g		1%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 0mg		0%	
Total Carbohydrate 8g		3%	
Dietary Fiber 0g		0%	
Sugars 3g			

Protein 1g

Vitamin A --% • Vitamin C 0%
Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	85g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300 mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4