

Nutritional Chart – Core Flavors

Golden Scoop Vanilla Pint

Nutrition Facts	
3.75 servings per container	
Serving size	112 grams (112g)
Amount per serving	
Calories	290
% Daily Value*	
Total Fat 19g	24%
Sat. Fat 10g	50%
Trans Fat 0g	
Cholest. 60mg	20%
Sodium 75mg	3%
Total Carb. 26g	9%
Fiber 0g	0%
Total Sugars 0g	
Includes 26g Added Sugars	52%
Protein 4g	8%
Vit. D 0mcg 0%	Calcium 290mg 20%
Iron 0mg 0%	Potas. 0mg 0%

Ingredients: 14% Butterfat ice cream mix (milk, cream, sugar, corn sweeteners, non fat milk solids, mono and diglycerides, tetrasodium pyrophosphate, cellulose gum, guar gum, polysorbate 80, polysorbate 65, and carrageenan); Vanilla extract; Salt

Contains: Milk

Golden Scoop Charlie's Chocolate Pint

Nutrition Facts	
3.6 servings per container	
Serving size	112 grams (112g)
Amount per serving	
Calories	300
% Daily Value*	
Total Fat 19g	24%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 60mg	19%
Sodium 75mg	3%
Total Carbohydrate 28g	10%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 24g Added Sugars	48%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 280mg	20%
Iron 1mg	6%
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: 14% Butterfat ice cream mix (milk, cream, sugar, corn sweeteners, milk solids (non fat), mono and diglycerides, tetrasodium pyrophosphate, cellulose gum, guar gum, polysorbate 80, polysorbate 65, and carrageenan); Cocoa powder; Vanilla extract; Salt

Contains: Milk

Golden Scoop Coffee Ice Cream Pint

Nutrition Facts	
2.2 servings per container	
Serving size	6.3 oz (182g)
Amount per serving	
Calories	470
% Daily Value*	
Total Fat 31g	40%
Saturated Fat 16g	81%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 125mg	5%
Total Carbohydrate 41g	15%
Dietary Fiber 0g	1%
Total Sugars 0g	
Includes 41g Added Sugars	83%
Protein 7g	15%
Vitamin D 0mcg	0%
Calcium 470mg	35%
Iron 0.1mg	0%
Potassium 60mg	0%

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Ingredients: Coffee Ice Cream: 14% Butterfat Ice Cream Mix (milk, cream, sugar, corn sweeteners, nonfat milk solids, mono and diglycerides, tetrasodium pyrophosphate, cellulose gum, guar gum, polysorbate 80, polysorbate 65, and carrageenan); Instant espresso coffee powder, Vanilla extract, Salt

Manufactured in a facility that also uses Wheat, Peanuts, Tree nuts, Eggs, Dairy, and Soy Allergens: Milk

Golden Scoop Mint Chocolate Chip

Nutrition Facts	
2.1 servings per container	
Serving size	7.6 oz (220g)
Amount per serving	
Calories	720
% DV*	
Total Fat 44g	57%
Sat. Fat 24g	121%
Trans Fat 0g	
Cholest. 90mg	30%
Sodium 120mg	5%
Total Carb. 71g	26%
Fiber 3g	11%
Total Sugars 28g	
Includes 38g Added Sugars	76%
Protein 9g	18%
Vit. D 0mcg 0%	Calcium 450mg 35%
Iron 1.6mg 10%	Potas. 150mg 4%

Ingredients: 14% Butterfat Ice Cream Mix (milk, cream, sugar, corn sweeteners, non fat milk solids, mono and diglycerides, tetrasodium pyrophosphate, cellulose gum, guar gum, polysorbate 80, polysorbate 65, and carrageenan) Chocolate Chips (sugar, chocolate, cocoa butter, milkfat, soy lecithin, natural flavors), Peppermint Extract, Salt.

Manufactured in a facility that also uses Wheat, Peanuts, Tree Nuts, Eggs, Dairy, and Soy Allergens: Milk, Soy

Sea Salt Caramel

Nutrition Facts	
2.5 servings per container	
Serving size	159g (0mL)
Amount per serving	
Calories	380
% Daily Value*	
Total Fat 20g	25%
Saturated Fat 13g	63%
Trans Fat 0g	
Cholesterol 75mg	26%
Sodium 340mg	15%
Total Carbohydrate 45g	16%
Dietary Fiber 0g	0%
Total Sugars 32g	
Includes 0g Added Sugars	0%
Protein 6g	12%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

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Ingredients: SEA SALT CARAMEL ICE CREAM: 14% Butterfat ice cream mix (milk, cream, sugar, corn sweeteners, nonfat milk solids, mono and diglycerides, tetrasodium pyrophosphate, cellulose gum, guar gum, polysorbate 80, polysorbate 65, and carrageenan), Caramel sauce (glucose syrup, water, salt, flavouring, natural flavouring, pectin, tartaric acid, soy lecithin, potassium sorbate), Vanilla extract, Sea salt.

Contains: Soy, Eggs, Milk

Golden Scoop Cookies and Cream Pint

Nutrition Facts	
3.6 servings per container	
Serving size	128 grams (128g)
Amount per serving	
Calories	370
% Daily Value*	
Total Fat 21g	27%
Saturated Fat 11g	56%
Trans Fat 0g	
Cholesterol 60mg	19%
Sodium 190mg	8%
Total Carbohydrate 39g	14%
Dietary Fiber 2g	6%
Total Sugars 8g	
Includes 24g Added Sugars	49%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 280mg	20%
Iron 0mg	0%
Potassium 0mg	0%

Ingredients: 14% Butterfat ice cream mix, (milk, cream, sugar, corn sweeteners, non fat milk solids, mono and diglycerides, tetrasodium pyrophosphate, cellulose gum, guar gum, polysorbate 80, polysorbate 65, and carrageenan), CULVERS Topping, (Oreo) crumbs, (unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate vitamin b1, riboflavin vitamin B2, folic acid), sugar, palm and/or canola oil, cocoa (processed with alkali), high fructose corn syrup, leavening (baking soda and/or calcium phosphate), salt, soy lecithin, chocolate, artificial flavor), Vanilla extract, Salt.

Contains: Milk, Soy

Golden Scoop Cookie Dough Pint

Nutrition Facts	
3.6 servings per container	
Serving size	119 grams (119g)
Amount per serving	
Calories	360
% Daily Value*	
Total Fat 21g	27%
Saturated Fat 11g	53%
Trans Fat 0.5g	
Cholesterol 55mg	18%
Sodium 140mg	6%
Total Carbohydrate 37g	13%
Dietary Fiber 0g	1%
Total Sugars 9g	
Includes 22g Added Sugars	44%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 250mg	20%
Iron 0.5mg	2%
Potassium 40mg	0%

Ingredients: 14% Butterfat ice cream mix, (milk, cream, sugar, corn sweeteners, non fat milk solids, mono and diglycerides, tetrasodium pyrophosphate, cellulose gum, guar gum, polysorbate 80, polysorbate 65, and carrageenan), Chocolate chip cookie dough, (enriched bleached flour (bleached wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, semi-sweet chocolate chunks (sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural flavor, salt), palm oil, eggs, contains 2% or less of: molasses, butter (cream [milk], lactic acid), baking soda, salt, natural and artificial flavors.

Contains: eggs, milk, soy, wheat. Made in a facility that also processes peanuts and tree nuts (almonds, coconut, macadamia nuts, pecans, walnuts), Vanilla extract, salt

Home Run

Nutrition Facts	
3.6 servings per container	
Serving size	118 (79g)
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 13g	16%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 30mg	11%
Sodium 100mg	4%
Total Carbohydrate 26g	10%
Dietary Fiber 0g	0%
Total Sugars 23g	
Includes 5g Added Sugars	11%
Protein 4g	9%
Vitamin D 0mcg 0%	Calcium 0mg 0%
Iron 0mg 0%	Potassium 0mg 0%

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Calories per gram: Fat 9 Carbohydrate 4 Protein 4

Ingredients: 14% Butterfat ice cream mix (milk, cream, sugar, corn sweeteners, nonfat milk solids, mono and diglycerides, tetrasodium pyrophosphate, cellulose gum, guar gum, polysorbate 80, polysorbate 56 and carrageenan), Butterfinger (corn syrup, sugar, peanuts, vegetable oil (palm oil and palm oil), peanut flour, nonfat milk, less than 2% of cocoa, milk, salt, soy lecithin natural flavor, annatto color), Reese's Peanut Butter Cup pcs (milk chocolate (sugar, cocoa butter, chocolate, skim milk, milk fat, lactose, soy lecithin, pppr), peanuts, sugar, dextrose, salt, TBHQ and citric acid to maintain freshness), Snickers pcs (milk chocolate (sugar, cocoa butter, chocolate, skim milk, lactose, milkfat, soy lecithin), peanuts, corn syrup, sugar, palm oil, skim milk, lactose, salt, egg whites, artificial flavor), Vanilla extract, Salt.

Contains: Contains: Soy, Peanuts, Eggs, Milk. May contain Tree nuts, Wheat

Golden Scoop Lucy's 41 Dairy Free Ice Cream Pi

Nutrition Facts	
1.6 servings per container	
Serving size	8.5 oz (246g)
Amount per serving	
Calories	400
% Daily Value*	
Total Fat 17g	22%
Saturated Fat 13g	64%
Trans Fat 0g	
Cholesterol 145mg	49%
Sodium 220mg	9%
Total Carbohydrate 58g	21%
Dietary Fiber 1g	4%
Total Sugars 48g	
Includes 48g Added Sugars	96%
Protein 4g	9%
Vitamin D 2mcg	10%
Calcium 210mg	15%
Iron 2.7mg	15%
Potassium 350mg	8%

*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: Lucy's 41 Dairy Free Ice Cream: Oatmilk (oatmilk (filtered water, oats), sunflower oil, calcium carbonate, dipotassium phosphate, guar gum, sea salt, sunflower lecithin, gelatin gum, vitamin A palmitate, vitamin D2, riboflavin (vitamin B2) and vitamin B12), Coconut milk (filtered water, organic coconut cream), contains 2% or less of: Vitamin and mineral blend (calcium phosphate, magnesium phosphate, calcium carbonate, l-selenomethionine [selenium]), vitamin A acetate, vitamin D2, zinc oxide, vitamin B12), organic sunflower lecithin, gelatin gum, organic locust bean gum, sea salt), Sugar, Egg yolks, Honey, Vanilla extract, Salt

Manufactured in a facility that also uses Wheat, Peanuts, Tree nuts, Eggs, Dairy, and Soy Allergens: Egg, Coconut