

# RITTER'S FROZEN CUSTARD NUTRITIONAL INFORMATION

PERCENT OF DAILY VALUES

FROZEN CUSTARD FLAVORS	Serving Size	Servings by grams	Calories	Calories from Fat	PERCENT OF DAILY VALUES											
					Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
Almond En-Joy	KIDS	70	142	71	9	4	29	66	17	0	13	4	4	0	9	2
	SMALL	156	285	142	18	9	58	133	35	1	27	7	9	0	18	3
	MEDIUM	227	463	232	30	14	96	209	56	2	43	12	14	0	29	5
	LARGE	312	643	323	42	20	127	287	77	3	59	16	20	0	40	8
Amaretto	KIDS	70	114	51	7	4	31	73	15	0	12	3	5	0	9	0
	SMALL	156	251	113	15	8	70	160	35	0	28	7	11	0	21	0
	MEDIUM	227	365	165	22	12	101	232	51	0	40	10	16	0	30	0
	LARGE	312	502	226	30	16	139	320	70	0	56	14	22	0	42	0
Apple Cobbler	KIDS	70	107	48	6	4	29	68	15	0	12	3	8	1	9	0
	SMALL	156	237	106	14	8	65	150	33	0	26	7	17	3	19	0
	MEDIUM	227	344	153	20	11	93	218	49	0	38	9	25	5	28	0
	LARGE	312	512	228	30	16	139	325	72	0	56	14	37	8	42	0
Banana Berry	KIDS	70	106	41	5	3	25	58	17	0	13	4	4	3	7	0
	SMALL	156	231	90	12	7	56	128	26	0	27	8	9	7	17	0
	MEDIUM	227	332	126	17	9	78	180	52	1	40	12	13	11	23	1
	LARGE	312	462	172	23	13	107	248	73	2	56	17	18	16	32	2
Birthday Cake	KIDS	70	128	52	6	3	30	85	19	0	14	3	4	0	9	0
	SMALL	156	275	113	14	8	65	182	40	0	31	6	10	0	19	0
	MEDIUM	227	407	164	21	11	93	271	60	0	45	9	14	0	27	0
	LARGE	312	563	226	29	15	128	375	83	0	63	13	19	0	37	0
Black Cherry	KIDS	70	111	50	7	4	30	70	16	0	13	3	5	0	9	0
	SMALL	156	243	108	15	8	66	154	34	0	27	7	10	0	20	0
	MEDIUM	227	352	157	21	11	96	222	50	0	40	10	15	0	29	0
	LARGE	312	483	215	29	16	132	304	68	0	55	13	20	0	39	0
Black Raspberry	KIDS	70	111	50	6	3	30	70	15	0	12	3	4	0	9	0
	SMALL	156	245	109	14	8	67	154	35	0	27	7	10	0	20	0
	MEDIUM	227	358	159	21	12	97	224	50	0	39	10	15	0	29	0
	LARGE	312	512	227	31	17	139	320	72	0	56	14	20	0	42	1
Black Raspberry Chip	KIDS	70	122	56	7	4	29	70	16	0	13	3	4	0	9	0
	SMALL	156	269	123	16	9	64	150	36	0	29	7	10	0	20	1

													PERCENT OF DAILY VALUES			
													Serving Size	Servings by	Calories	Calories from Fat
FROZEN CUSTARD FLAVORS		grams														
Black Raspberry Chip	MEDIUM	227	420	193	25	14	99	230	58	0	45	10	15	0	27	3
	LARGE	312	547	252	33	18	127	295	74	0	58	14	20	0	38	5
Black Walnut	KIDS	70	136	68	9	4	32	73	16	0	13	4	5	0	9	0
	SMALL	156	273	137	18	8	63	146	33	0	25	8	10	0	19	1
	MEDIUM	227	422	214	28	12	96	221	50	0.8	39	12	15	0	29	2
Blueberry	LARGE	312	613	310	41	17	139	320	72	1	56	18	22	0	42	3
	KIDS	70	115	52	7	4	32	73	16	0	13	3	5	0	9	0
	SMALL	156	231	103	14	8	63	146	33	0	26	6	10	0	19	0
Boston Crème Pie	MEDIUM	227	370	165	22	12	101	233	52	0	41	10	16	0	30	0
	LARGE	312	509	228	31	17	139	320	71	0	57	14	22	0	42	0
	KIDS	70	117	52	7	4	30	75	17	0	13	3	5	0	9	0
Brandy Alexander	SMALL	156	256	114	15	8	67	164	36	0	29	7	10	0	20	0
	MEDIUM	227	375	166	22	12	98	239	53	0	42	10	15	0	30	1
	LARGE	312	519	229	31	17	134	331	73	0	58	14	20	0	41	1
Brownie Fudge Ripple	KIDS	70	70	114	51	7	4	31	73	15	0	12	3	5	0	9
	SMALL	156	156	251	113	15	8	70	160	35	0	28	7	11	0	21
	MEDIUM	227	227	365	165	22	12	101	232	51	0	40	10	16	0	30
Bubble Gum	LARGE	312	312	502	226	30	16	139	320	70	0	56	14	22	0	42
	KIDS	70	118	52	7	3	31	75	17	0	13	3	5	0	9	0
	SMALL	156	259	114	15	8	69	166	36	0	29	7	10	0	20	0
Butter Pecan	MEDIUM	227	380	228	22	12	100	243	53	0	42	10	15	0	30	1
	LARGE	312	526	231	31	17	138	336	74	0	59	14	20	0	41	2
	KIDS	70	114	51	7	4	31	73	15	0	12	3	5	0	9	0
Butterfinger	SMALL	156	251	113	15	8	70	160	35	0	28	7	11	0	21	0
	MEDIUM	227	365	165	22	12	101	232	51	0	40	10	16	0	30	0
	LARGE	312	502	226	30	16	139	320	70	0	56	14	22	0	42	0
Butterfinger	KIDS	70	134	68	9	4	31	84	16	0	13	3	5	0	9	0
	SMALL	156	282	142	19	8	67	176	34	0	27	7	10	0	21	1
	MEDIUM	227	435	223	29	13	101	271	52	0.8	41	11	16	0	31	1
Butterfinger	LARGE	312	602	310	41	17	139	375	72	1	56	15	22	0	43	2
	KIDS	70	145	70	9	4	32	96	18	0	14	4	5	0	9	0
	SMALL	156	294	141	18	9	65	195	37	0	29	8	10	0	19	0
Butterfinger	MEDIUM	227	476	229	30	14	103	316	60	0.7	46	12	16	0	31	1

	Serving Size	Servings by	Calories	Calories from Fat	PERCENT OF DAILY VALUES											
					Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
<b>FROZEN CUSTARD FLAVORS</b>		grams														
Butterfinger	LARGE	312	612	297	39	17	129	407	76	1	58	16	20	0	38	1
Butterscotch	KIDS	70	114	51	7	4	31	73	15	0	12	3	5	0	9	0
	SMALL	156	251	113	15	8	70	160	35	0	28	7	11	0	21	0
	MEDIUM	227	365	165	22	12	101	232	51	0	40	10	16	0	30	0
	LARGE	312	502	226	30	16	139	320	70	0	56	14	22	0	42	0
Cake Batter	KIDS	70	122	53	7	4	32	76	18	0	14	3	5	0	9	0
	SMALL	156	257	111	15	8	67	161	37	0	30	7	10	0	20	0
	MEDIUM	227	391	168	22	12	101	245	57	0	45	10	16	0	30	0
	LARGE	312	539	231	31	17	139	337	78	0	63	14	22	0	42	0
Candy Land	KIDS	70	131	59	7	4	30	79	18	0	14	3	4	0	8	0
	SMALL	156	285	128	17	8	66	172	39	0	32	7	10	0	19	0
	MEDIUM	227	416	187	24	12	94	251	57	0	46	10	14	0	28	1
	LARGE	312	585	264	34	17	131	350	80	0	64	15	20	0	39	1
Cappuccino	KIDS	70	114	51	7	4	31	73	15	0	12	3	5	0	9	0
	SMALL	156	251	113	15	8	70	160	35	0	28	7	11	0	21	0
	MEDIUM	227	365	165	22	12	101	232	51	0	40	10	16	0	30	0
	LARGE	312	502	226	30	16	139	320	70	0	56	14	22	0	42	0
Cappuccino Brownie	KIDS	70	118	52	7	4	32	75	17	0	13	3	5	0	9	0
	SMALL	156	254	113	15	8	70	161	36	0	28	7	10	0	21	0
	MEDIUM	227	373	165	22	12	103	237	53	0	42	10	16	0	30	0
	LARGE	312	508	208	28	15	130	300	79	0	57	13	20	0	38	0
Caramel	KIDS	70	114	51	7	4	31	73	15	0	12	3	5	0	9	0
	SMALL	156	251	113	15	8	70	160	35	0	28	7	11	0	21	0
	MEDIUM	227	365	165	22	12	101	232	51	0	40	10	16	0	30	0
	LARGE	312	502	226	30	16	139	320	70	0	56	14	22	0	42	0
Caramel Apple	KIDS	70	116	49	6	3	29	78	17	0	13	3	7	1	8	0
	SMALL	156	25	106	14	7	64	167	37	0	29	6	15	2	19	0
	MEDIUM	227	368	153	20	11	92	247	55	0	42	9	22	4	28	0
	LARGE	312	512	213	28	15	128	345	76	0	59	13	32	6	39	0
Caramel Cashew	KIDS	70	129	63	8	4	30	83	16	0	12	3	4	0	9	1
	SMALL	156	280	135	18	8	66	180	35	0	27	8	10	0	20	2
	MEDIUM	227	419	205	27	13	96	270	52	0	39	11	15	0	29	4
	LARGE	312	576	283	37	17	130	372	71	0.5	53	16	20	0	39	5

													PERCENT OF DAILY VALUES			
	Serving Size	Servings by	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
		grams														
<b>FROZEN CUSTARD FLAVORS</b>																
Caramel Snickers Swirl	KIDS	70	134	56	7	4	29	90	20	0	15	3	4	0	9	0
	SMALL	156	291	122	16	8	64	194	43	0	33	7	10	0	19	0
	MEDIUM	227	438	181	23	12	91	293	65	0	50	10	14	0	28	0
	LARGE	312	603	247	32	16	125	405	89	0.6	69	14	19	0	39	0
Cookie Dough N PButter	KIDS	70	151	75	9	4	29	92	18	2	12	3	4	0	8	2
	SMALL	156	321	158	20	10	64	194	38	5	26	7	10	0	19	4
	MEDIUM	227	488	244	30	14	91	294	57	9	37	11	14	0	27	7
	LARGE	312	684	342	42	21	127	411	79	13	52	15	20	0	38	11
Cherry Cheesecake	KIDS	70	122	52	7	4	32	77	18	0	13	3	5	0	9	0
	SMALL	156	248	104	14	8	63	155	37	0	25	6	10	0	18	0
	MEDIUM	227	372	158	21	12	96	237	55	0	38	10	15	1	28	1
	LARGE	312	516	219	29	16	133	328	76	0	53	13	20	1	39	1
Cherry Cordial	KIDS	70	136	61	8	4	28	72	19	0	13	3	4	0	8	1
	SMALL	156	295	131	17	9	63	159	41	0	29	6	10	0	19	3
	MEDIUM	227	438	195	25	14	90	230	61	0	43	9	14	1	27	5
	LARGE	312	604	269	35	19	121	314	84	0.6	59	13	19	2	36	8
Cherry Vanilla	KIDS	70	116	49	6	3	30	70	16	0	13	3	4	0	9	0
	SMALL	156	253	108	14	8	66	152	36	0	29	8	10	0	19	0
	MEDIUM	227	371	157	21	11	96	221	53	0	43	12	15	0	28	0
	LARGE	312	515	217	29	16	132	306	73	0	60	17	20	0	39	0
Chocolate	KIDS	70	150	65	7	4	45	117	18	0.6	16	2	5	0	9	10
	SMALL	156	299	130	14	9	91	234	36	1	31	5	10	0	19	20
	MEDIUM	227	478	209	23	15	146	375	58	2	50	8	16	0	31	40
	LARGE	312	658	287	31	20	200	515	80	3	69	11	22	0	42	46
Chocolate Covered Banana	KIDS	70	127	54	7	4	25	60	18	0	14	4	4	1	7	1
	SMALL	156	277	118	16	9	57	134	40	0.7	31	8	9	3	17	3
	MEDIUM	227	402	170	23	13	77	182	57	1	45	12	12	5	23	5
	LARGE	312	552	232	31	17	104	245	79	2	62	17	17	7	31	8
Chocolate Almond	KIDS	70	165	79	8	4	43	112	18	1	15	3	5	0	10	11
	SMALL	156	356	170	18	10	95	245	40	2	33	7	10	0	22	25
	MEDIUM	227	527	254	28	14	138	356	58	3	48	10	15	0	32	35
	LARGE	312	765	369	41	21	200	515	83	4	70	15	22	0	47	50
Chocolate Chip	KIDS	70	128	60	8	4	30	74	17	0	14	3	5	0	9	0

	Serving Size	Servings by	Calories	Calories from Fat	PERCENT OF DAILY VALUES											
					Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
<b>FROZEN CUSTARD FLAVORS</b>		grams														
Chocolate Chip	SMALL	156	277	130	17	9	66	160	37	0	30	7	10	0	19	0
	MEDIUM	227	412	194	25	14	96	234	54	0	44	10	15	0	28	0
	LARGE	312	570	269	35	19	132	321	74	0	61	14	20	0	39	0
Chocolate Chocolate Chip	KIDS	70	164	74	8	5	44	116	19	0.6	17	3	5	0	9	10
	SMALL	156	352	160	18	11	95	253	42	1	36	6	10	0	20	22
	MEDIUM	227	520	237	26	16	138	369	61	2	53	8	16	0	30	32
	LARGE	312	718	329	36	23	190	505	84	3	73	12	21	0	41	44
Chocolate Cloud	KIDS	70	148	61	7	4	41	105	20	0	16	3	5	0	9	7
	SMALL	156	294	122	14	9	82	210	40	0.8	32	5	10	0	19	15
	MEDIUM	227	457	188	21	13	126	324	62	1	50	9	16	0	29	22
	LARGE	312	628	257	30	18	172	444	85	2	69	12	21	0	41	30
Chocolate Malt	KIDS	70	119	49	6	3	29	72	18	0	14	3	4	0	9	0
	SMALL	156	261	108	14	8	65	156	39	0	31	7	10	0	20	0
	MEDIUM	227	381	156	21	11	94	228	57	0	45	10	14	0	28	1
	LARGE	312	526	215	28	15	129	315	79	0	63	13	20	0	39	1
Chocolate Mint	KIDS	70	150	65	7	4	45	117	18	0.6	16	2	5	0	9	10
	SMALL	156	299	130	14	9	91	234	36	1	31	5	10	0	19	20
	MEDIUM	227	478	209	23	15	146	375	58	2	50	8	16	0	31	40
	LARGE	312	658	287	31	20	200	515	80	3	69	11	22	0	42	46
Chocolate PB Cup	KIDS	70	154	69	8	4	40	113	19	0.6	16	3	5	0	96	7
	SMALL	156	331	148	17	10	87	243	41	1	35	7	10	0	21	16
	MEDIUM	227	487	217	25	15	129	361	60	2	51	10	15	0	30	25
	LARGE	312	683	305	35	20	174	502	84	3	72	14	20	0	42	34
Cinnamon	KIDS	70	114	51	7	4	31	73	15	0	12	3	5	0	9	0
	SMALL	156	251	113	15	8	70	160	35	0	28	7	11	0	21	0
	MEDIUM	227	365	165	22	12	101	232	51	0	40	10	16	0	30	0
	LARGE	312	502	226	30	16	139	320	70	0	56	14	22	0	42	0
Coconut	KIDS	70	122	55	7	4	32	72	17	0	13	3	5	0	9	0
	SMALL	156	261	118	16	9	70	156	36	0.6	28	7	10	0	20	0
	MEDIUM	227	382	172	23	1	102	227	53	1	42	10	15	0	29	0
	LARGE	312	528	238	32	18	140	311	73	1	57	14	20	0	41	0
Coffee Crunch	KIDS	70	129	60	8	4	31	70	17	0	14	3	4	0	9	0
	SMALL	156	268	123	16	7	65	145	36	0	30	6	10	0	19	0

FROZEN CUSTARD FLAVORS	Serving Size	Servings by grams	Calories	Calories from Fat	PERCENT OF DAILY VALUES											
					Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
Coffee Crunch	MEDIUM	227	409	189	25	11	98	218	55	0	45	9	15	0	28	0
	LARGE	312	577	267	35	16	138	306	78	0	64	13	20	0	39	0
Coffee Espresso	KIDS	70	114	51	7	4	31	73	15	0	12	3	5	0	9	0
	SMALL	156	251	113	15	8	70	160	35	0	28	7	11	0	21	0
	MEDIUM	227	365	165	22	12	101	232	51	0	40	10	16	0	30	0
	LARGE	312	502	226	30	16	139	320	70	0	56	14	22	0	42	0
Cookie Dough	KIDS	70	152	72	9	5	29	78	19	2	13	3	4	0	7	1
	SMALL	156	322	152	19	11	64	169	41	5	29	7	10	0	19	3
	MEDIUM	227	487	232	28	16	91	246	60	9	42	10	14	0	27	6
	LARGE	312	674	322	39	23	123	337	83	12	57	13	18	0	36	9
Cookies-N-Crème	KIDS	70	126	56	7	4	30	84	18	0	14	3	4	0	9	1
	SMALL	156	275	122	16	9	67	183	39	0	30	7	10	0	21	2
	MEDIUM	227	405	178	23	13	96	271	57	0	43	10	15	0	30	3
	LARGE	312	558	245	32	18	132	374	79	0.6	60	14	20	0	41	5
Cotton Candy	KIDS	70	114	51	7	4	31	73	15	0	12	3	5	0	9	0
	SMALL	156	251	113	15	8	70	160	35	0	28	7	11	0	21	0
	MEDIUM	227	365	165	22	12	101	232	51	0	40	10	16	0	30	0
	LARGE	312	502	226	30	16	139	320	70	0	56	14	22	0	42	0
Dreamsicle	KIDS	70	114	51	7	4	31	73	15	0	12	3	5	0	9	0
	SMALL	156	251	113	15	8	70	160	35	0	28	7	11	0	21	0
	MEDIUM	227	365	165	22	12	101	232	51	0	40	10	16	0	30	0
	LARGE	312	502	226	30	16	139	320	70	0	56	14	22	0	42	0
Egg Nog	KIDS	70	114	51	7	4	31	73	15	0	12	3	5	0	9	0
	SMALL	156	251	113	15	8	70	160	35	0	28	7	11	0	21	0
	MEDIUM	227	365	165	22	12	101	232	51	0	40	10	16	0	30	0
	LARGE	312	502	226	30	16	139	320	70	0	56	14	22	0	42	0
English Toffee	KIDS	70	126	58	8	4	31	70	17	0	14	3	4	0	9	0
	SMALL	156	276	128	17	8	69	154	38	0	31	7	10	0	21	0
	MEDIUM	227	414	191	25	12	104	232	56	0	46	10	16	0	30	0
	LARGE	312	560	260	34	16	140	311	76	0	62	13	20	0	41	0
French Silk	KIDS	70	144	61	7	4	40	102	19	0	16	3	5	0	9	6
	SMALL	156	332	122	14	9	81	204	49	0.8	43	5	10	0	19	15
	MEDIUM	227	460	195	23	14	136	327	61	1	52	9	16	0	31	23

	Serving Size	Servings by	Calories	Calories from Fat	PERCENT OF DAILY VALUES											
					Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
<b>FROZEN CUSTARD FLAVORS</b>		grams														
French Silk	LARGE	312	634	268	31	19	179	450	84	2	71	12	22	0	43	32
Fresh Banana	KIDS	70	107	42	6	3	26	61	16	0	13	4	4	1	8	0
	SMALL	156	238	95	13	7	59	137	36	0	28	9	9	3	18	0
	MEDIUM	227	344	135	19	10	84	195	53	0.8	41	13	14	5	25	0
	LARGE	312	467	181	25	14	113	262	72	1	55	18	19	7	34	1
German Chocolate	KIDS	70	168	76	9	4	37	116	21	0.8	17	3	4	0	9	7
	SMALL	156	359	162	19	9	81	250	45	2	37	6	10	0	20	16
	MEDIUM	227	529	244	29	14	113	357	66	3	53	9	14	0	28	20
	LARGE	312	822	377	44	21	184	565	103	4	83	14	22	0	45	24
Heath Bar	KIDS	70	128	60	8	4	31	70	17	0	14	3	4	0	9	0
	SMALL	156	276	128	17	8	68	152	37	0	31	7	10	0	20	0
	MEDIUM	227	411	191	25	12	99	221	55	0	45	10	15	0	29	0
	LARGE	312	569	265	35	16	136	302	77	0	63	13	20	0	30	0
Holiday Mint	KIDS	70	133	63	8	5	31	70	18	0	14	3	4	0	9	1
	SMALL	156	286	134	17	10	70	157	38	0	30	7	10	0	20	3
	MEDIUM	227	427	202	26	15	100	227	56	1	45	10	15	0	28	5
	LARGE	312	592	280	37	21	133	312	78	1	62	13	20	0	30	7
Key Lime	KIDS	70	114	51	7	4	31	73	15	0	12	3	5	0	9	0
	SMALL	156	251	113	15	8	70	160	35	0	28	7	11	0	21	0
	MEDIUM	227	365	165	22	12	101	232	51	0	40	10	16	0	30	0
	LARGE	312	502	226	30	16	139	320	70	0	56	14	22	0	42	0
Lemon	KIDS	70	114	51	7	4	31	73	15	0	12	3	5	0	9	0
	SMALL	156	251	113	15	8	70	160	35	0	28	7	11	0	21	0
	MEDIUM	227	365	165	22	12	101	232	51	0	40	10	16	0	30	0
	LARGE	312	502	226	30	16	139	320	70	0	56	14	22	0	42	0
Mango Tango	KIDS	70	107	48	6	3	29	67	15	0	12	3	4	0	8	0
	SMALL	156	238	105	14	7	64	149	34	0	27	7	10	1	19	0
	MEDIUM	227	342	151	20	11	92	213	49	0	38	10	15	2	28	0
	LARGE	312	487	217	29	16	132	306	69	0	55	13	20	3	40	0
Maple Walnut	KIDS	70	134	68	9	4	30	70	16	0	12	4	4	0	9	1
	SMALL	156	287	145	19	8	66	152	35	0	27	8	10	0	21	2
	MEDIUM	227	431	220	29	12	96	221	51	0.8	40	11	15	0	30	4
	LARGE	312	593	306	40	17	130	300	70	1	54	16	20	1	41	7

	Serving Size	Servings by	Calories	Calories from Fat	PERCENT OF DAILY VALUES											
					Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
FROZEN CUSTARD FLAVORS		grams														
Mint Choc Chip	KIDS	70	128	60	8	4	30	74	17	0	14	3	5	0	9	0
	SMALL	156	277	130	17	9	66	160	37	0	30	7	10	0	19	0
	MEDIUM	227	412	194	25	14	96	234	54	0	44	10	15	0	28	0
	LARGE	312	570	269	35	19	132	321	74	0	61	14	20	0	39	0
Mint Oreo	KIDS	70	126	56	7	4	30	84	18	0	14	3	4	0	9	1
	SMALL	156	275	122	16	9	67	183	39	0	30	7	10	0	21	2
	MEDIUM	227	405	178	23	13	96	271	57	0	43	10	15	0	30	3
	LARGE	312	558	245	32	18	132	374	79	0.6	60	14	20	0	41	5
Mocha Almond Fudge	KIDS	70	140	69	9	4	30	70	17	0	13	4	4	0	9	0
	SMALL	156	296	146	19	9	70	152	36	0.7	29	8	10	0	21	1
	MEDIUM	227	448	224	29	14	122	275	53	1	42	12	14	0	30	2
	LARGE	312	616	310	40	19	152	302	73	2	57	16	20	0	41	3
NY Cherry Cheesecake	KIDS	70	117	50	7	4	32	121	17	0	12	3	4	0	9	0
	SMALL	156	256	109	14	8	77	166	38	0	26	7	10	0	20	0
	MEDIUM	227	377	158	21	12	96	244	56	0	39	10	15	1	29	1
	LARGE	312	519	217	29	16	113	289	78	0	53	13	20	2	39	1
Orange-Pineapple	KIDS	70	108	48	6	3	29	67	15	0	12	3	4	1	8	0
	SMALL	156	239	105	14	8	64	148	34	0	27	6	10	2	19	0
	MEDIUM	227	347	153	20	11	94	215	50	0	39	10	14	4	28	0
	LARGE	312	474	209	28	15	127	294	67	0	51	13	20	5	38	0
Peach	KIDS	70	107	48	6	3	29	67	15	0	12	3	4	0	8	0
	SMALL	156	237	105	14	8	65	149	33	0	26	7	10	0	19	0
	MEDIUM	227	341	151	20	11	92	214	48	0.5	38	10	15	1	28	0
	LARGE	312	472	209	28	15	128	296	66	0.7	52	13	20	2	38	1
Peach Cheesecake	KIDS	70	107	48	6	3	29	67	15	0	12	3	4	0	8	0
	SMALL	156	237	105	14	8	65	149	33	0	26	7	10	0	19	0
	MEDIUM	227	341	151	20	11	92	214	48	0.5	38	10	15	1	28	0
	LARGE	312	472	209	28	15	128	296	66	0.7	52	13	20	2	38	1
Peanut Butter	KIDS	70	132	65	8	4	32	90	16	0	13	4	5	0	9	0
	SMALL	156	265	130	17	8	64	180	33	0	26	8	10	0	19	0
	MEDIUM	227	431	213	28	13	101	293	53	0.7	41	12	16	0	31	1
	LARGE	312	593	295	39	18	139	405	73	1	57	16	22	0	42	1
Peanut Butter Pretzel Chip	KIDS	70	146	71	9	4	28	113	18	0	13	4	4	0	8	0



													PERCENT OF DAILY VALUES				
		Serving Size	Servings by	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
FROZEN CUSTARD FLAVORS		grams															
Peanut Butter Pretzel Chip	SMALL	156	319	154	20	10	63	245	40	0.5	29	8	10	0	19	1	
	MEDIUM	227	481	237	30	14	89	378	58	1	42	12	14	0	27	2	
	LARGE	312	669	331	42	19	120	533	80	1	58	17	19	0	37	4	
Peanut Butter Rush	KIDS	70	161	82	10	5	27	95	18	0	15	4	4	0	8	2	
	SMALL	156	344	173	22	11	61	203	41	1	33	8	9	0	19	5	
	MEDIUM	227	530	271	34	16	87	310	61	1	49	12	12	0	27	9	
Peanut Cluster	LARGE	312	735	377	47	22	118	429	84	2	68	17	18	0	36	12	
	KIDS	70	166	73	8	4	39	128	21	0.7	16	4	4	0	10	7	
	SMALL	156	348	153	18	9	82	267	43	1	35	8	10	0	21	15	
Peppermint Crunch	MEDIUM	227	514	227	26	13	116	398	64	2	50	11	14	0	30	22	
	LARGE	312	704	311	36	18	157	546	88	3	69	15	20	0	41	30	
	KIDS	70	123	51	7	4	30	70	18	0	15	3	4	0	9	0	
Pina Colada	SMALL	156	270	112	15	8	67	154	40	0	33	7	10	0	20	0	
	MEDIUM	227	395	161	21	12	96	221	59	0	50	10	15	0	29	0	
	LARGE	312	545	221	29	16	132	303	83	0	69	13	20	0	39	0	
Pineapple	KIDS	70	113	50	7	4	30	67	16	0	13	3	4	1	9	0	
	SMALL	156	251	111	15	8	66	148	35	0.6	28	7	10	2	19	0	
	MEDIUM	227	364	161	22	12	95	213	52	1	41	9	14	4	28	0	
Pistachio Almond	LARGE	312	503	223	30	17	131	291	71	1	56	13	2	5	38	0	
	KIDS	70	109	47	6	4	29	67	16	0	12	3	4	1	9	0	
	SMALL	156	236	103	14	8	63	146	34	0	27	6	10	2	19	0	
Pistachio Nut	MEDIUM	227	346	153	21	11	94	215	49	0	39	10	14	4	28	0	
	LARGE	312	479	211	28	15	129	297	68	0	54	13	20	5	38	0	
	KIDS	70	115	51	7	4	30	70	16	0	12	3	4	0	9	0	
Pistachio Nut	SMALL	156	279	133	18	9	66	151	35	0.7	27	8	10	0	22	1	
	MEDIUM	227	418	204	27	12	96	222	52	1	39	12	15	0	32	3	
	LARGE	312	577	282	37	17	132	304	69	2	54	17	20	0	44	4	
Praline Pecan	KIDS	70	132	66	9	4	30	84	16	0	13	3	4	0	10	1	
	SMALL	156	284	141	19	8	66	180	35	0.5	28	7	10	0	21	1	

													PERCENT OF DAILY VALUES			
FROZEN CUSTARD FLAVORS	Serving Size	Servings by	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
		grams														
Praline Pecan	MEDIUM	227	434	218	29	12	99	274	53	1	42	11	15	0	31	3
	LARGE	312	594	300	39	17	133	375	72	1	56	14	20	0	42	5
Pumpkin	KIDS	70	104	46	6	3	28	65	15	0	11	3	4	0	8	0
	SMALL	156	231	101	14	7	62	144	33	0	25	6	10	1	19	0
	MEDIUM	227	331	145	19	11	89	207	47	0.7	36	9	14	2	27	1
	LARGE	312	467	205	28	15	125	292	66	1	51	13	20	3	38	1
Pumpkin Pecan Praline	KIDS	70	120	59	8	3	26	74	15	0.5	11	3	4	0	8	1
	SMALL	156	263	128	17	7	58	163	33	1	25	7	9	1	18	2
	MEDIUM	227	401	203	26	11	89	255	51	1	39	10	14	2	28	4
	LARGE	312	541	271	35	15	114	335	66	2	50	13	19	2	36	6
Red Raspberry	KIDS	70	111	50	7	4	30	70	16	0	12	3	4	1	9	0
	SMALL	156	245	109	15	8	67	154	35	0	27	7	10	2	20	0
	MEDIUM	227	353	157	21	12	96	221	50	0	39	10	15	3	29	0
	LARGE	312	488	217	29	16	132	306	69	0.6	54	13	20	4	40	1
Red Raspberry Cheesecake	KIDS	70	111	50	7	4	30	70	16	0	12	3	4	1	9	0
	SMALL	156	245	109	15	8	67	154	35	0	27	7	10	2	20	0
	MEDIUM	227	353	157	21	12	96	221	50	0	39	10	15	3	29	0
	LARGE	312	488	217	29	16	132	306	69	0.6	54	13	20	4	40	1
Rocky Road	KIDS	70	162	74	9	4	36	94	20	0.7	16	3	4	0	9	7
	SMALL	156	347	162	19	10	82	212	41	1	34	7	10	0	20	16
	MEDIUM	227	517	244	28	14	119	309	61	2	50	11	15	0	31	24
	LARGE	312	728	334	39	20	158	413	88	3	73	14	20	0	41	32
Smores	KIDS	70	147	59	7	4	27	85	21	0	16	3	5	0	8	0
	SMALL	156	312	127	16	8	58	181	45	0	35	7	9	0	18	0
	MEDIUM	227	470	187	23	12	82	268	69	0	52	10	13	0	25	0
	LARGE	312	654	259	32	17	111	372	96	0.5	72	13	17	0	34	1
Strawberry	KIDS	70	113	50	7	4	30	70	16	0	13	3	5	2	9	0
	SMALL	156	245	108	14	8	66	152	35	0	28	7	10	4	20	0
	MEDIUM	227	360	157	21	12	96	221	52	0	41	10	15	7	29	0
	LARGE	312	489	213	29	16	130	300	70	0	56	13	20	11	39	0
Strawberry Cheesecake	KIDS	70	113	50	7	4	30	70	16	0	13	3	5	2	9	0
	SMALL	156	245	108	14	8	66	152	35	0	28	7	10	4	20	0
	MEDIUM	227	360	157	21	12	96	221	52	0	41	10	15	7	29	0

		NUTRITIONAL INFORMATION											PERCENT OF DAILY VALUES			
		Serving Size	Servings by	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium
FROZEN CUSTARD FLAVORS			grams													
Strawberry Romance	LARGE	312	489	213	29	16	130	300	70	0	56	13	20	11	39	0
	KIDS	70	133	61	8	4	29	68	18	0	15	3	4	2	9	1
	SMALL	156	284	130	17	10	63	148	39	0	31	7	10	4	19	3
Tin Roof	MEDIUM	227	418	193	25	14	89	208	56	0.6	46	9	14	7	26	5
	LARGE	312	579	267	35	19	122	286	78	0.9	63	13	19	11	36	7
	KIDS	70	132	63	8	4	29	83	16	0	13	4	4	0	9	0
	SMALL	156	286	137	18	9	65	181	36	0.7	28	8	10	0	20	1
	MEDIUM	227	443	216	28	13	100	299	53	1	48	14	15	0	29	3
Tiramisu	LARGE	312	597	291	38	18	127	376	72	2	56	18	20	0	40	5
	KIDS	70	121	47	8	4	30	78	17	0	14	10	4	0	9	0
	SMALL	156	261	103	17	9	66	167	37	0	29	20	10	0	20	0
	MEDIUM	227	386	148	24	13	96	248	55	0	43	33	15	0	29	0
Toasted Coconut	LARGE	312	516	187	32	17	122	322	77	0	56	49	10	0	36	0
	KIDS	70	122	55	7	4	33	73	17	0	13	3	5	0	9	0
	SMALL	156	261	118	16	9	70	156	36	0.6	28	7	10	0	20	0
	MEDIUM	227	382	172	23	13	102	227	53	1	41	10	15	0	30	0
Turtle Cheesecake	LARGE	312	528	238	32	18	140	311	73	1	57	14	20	0	41	0
	KIDS	70	152	75	10	4	27	85	19	0	15	3	4	0	8	2
	SMALL	156	340	167	21	10	64	193	43	0.8	33	7	10	0	20	4
	MEDIUM	227	503	253	32	14	87	281	62	1	48	10	14	0	27	6
Turtle Somethin'	LARGE	312	694	348	44	20	116	384	85	2	66	13	19	0	37	9
	KIDS	70	152	75	10	4	27	85	19	0	15	3	4	0	8	2
	SMALL	156	340	167	21	10	64	193	43	0.8	33	7	10	0	20	4
	MEDIUM	227	503	253	32	14	87	281	62	1	48	10	14	0	27	6
Vanilla	LARGE	312	694	348	44	20	116	384	85	2	66	13	19	0	37	9
	KIDS	70	114	51	7	4	31	73	15	0	12	3	5	0	9	0
	SMALL	156	251	113	15	8	70	160	35	0	28	7	11	0	21	0
	MEDIUM	227	365	165	22	12	101	232	51	0	40	10	16	0	30	0
Waffle Nut Crunch	LARGE	312	502	226	30	16	139	320	70	0	56	14	22	0	42	0
	KIDS	70	148	72	9	5	28	65	18	0	14	4	4	0	8	2
	SMALL	156	318	155	20	10	63	145	39	0.6	31	8	9	0	18	4
	MEDIUM	227	475	228	29	15	90	208	59	0.9	45	11	14	0	27	7
	LARGE	312	649	317	41	20	124	288	80	1	62	16	19	0	37	9

# RITTER'S FROZEN CUSTARD NUTRITIONAL INFORMATION

PERCENT OF DAILY VALUES

	Serving Size	Servings by grams	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
<b>ITALIAN ICE FLAVORS</b>																
Blue Razz	KIDS	70	74	0	0	0	0	6	19	0	17	0	0	0	0	0
	SMALL	156	148	0	0	0	0	12	37	0	34	0	0	0	0	0
	MEDIUM	227	238	0	0	0	0	19	60	0	56	0	0	0	0	0
	LARGE	312	312	0	0	0	0	26	82	0	77	0	0	0	0	0
Cherry Bomb	KIDS	70	71	0	0	0	0	6	18	0	16	0	0	0	0	0
	SMALL	156	143	0	0	0	0	13	35	0	33	0	0	0	1	0
	MEDIUM	227	228	0	0	0	0	20	57	0	53	0	0	0	1	0
	LARGE	312	314	0	0	0	0	28	78	0	73	0	0	0	2	0
Lemon Drop	KIDS	70	76	0	0	0	0	22	19	0	18	0	0	0	0	0
	SMALL	156	153	0	0	0	0	45	38	0	35	0	0	0	0	0
	MEDIUM	227	244	0	0	0	0	72	62	0	57	0	0	0	0	0
	LARGE	312	336	0	0	0	0	99	85	0	78	0	0	0	1	0
Mangolicious	KIDS	70	71	0	0	0	0	6	17	0	16	0	0	0	0	0
	SMALL	156	141	0	0	0	0	13	35	0	33	0	0	0	0	0
	MEDIUM	227	226	0	0	0	0	20	57	0	52	0	0	0	0	0
	LARGE	312	312	0	0	0	0	28	78	0	71	0	0	0	0	0
Root Beer	KIDS	70	71	0	0	0	0	6	18	0	16	0	0	0	0	0
	SMALL	156	143	0	0	0	0	12	35	0	33	0	0	0	0	0
	MEDIUM	227	228	0	0	0	0	19	57	0	53	0	0	0	0	0
	LARGE	312	314	0	0	0	0	26	78	0	72	0	0	0	0	0
Seedless Watermelon	KIDS	70	66	0	0	0	0	6	17	0	15	0	0	0	0	0
	SMALL	156	132	0	0	0	0	12	33	0	31	0	0	0	0	0
	MEDIUM	227	212	0	0	0	0	19	53	0	49	0	0	0	0	0
	LARGE	312	292	0	0	0	0	26	73	0	68	0	0	0	0	0
SourApple	KIDS	70	69	0	0	0	0	6	17	0	16	0	0	0	0	0
	SMALL	156	138	0	0	0	0	12	35	0	32	0	0	0	0	0
	MEDIUM	227	222	0	0	0	0	19	56	0	51	0	0	0	0	0
	LARGE	312	305	0	0	0	0	26	77	0	70	0	0	0	0	0
Strawberry	KIDS	70	52	0	0	0	0	36	10	0	7	0	0	0	0	0
	SMALL	156	104	0	0	0	0	72	20	0	15	0	0	0	0	0
	MEDIUM	227	166	0	0	0	0	116	32	0	24	0	0	0	1	0
	LARGE	312	228	0	0	0	0	159	44	0	33	0	0	0	1	0

# RITTER'S FROZEN CUSTARD NUTRITIONAL INFORMATION

PERCENT OF DAILY VALUES

NO SUGAR ADDED FROZEN CUSTARD FLAVORS	Serving Size	Servings by grams	Calories	Calories from Fat	PERCENT OF DAILY VALUES											
					Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
Caramel	KIDS	70	72	26	3	2	13	97	8	0	3	4	6	1	13	0
	SMALL	156	158	57	7	6	29	215	19	0	7	10	14	3	28	0
	MEDIUM	227	230	82	10	8	42	312	27	0	10	14	20	4	41	0
	LARGE	312	322	113	14	11	57	429	37	0	14	20	28	5	57	0
Dreamsicle	KIDS	70	72	26	3	2	13	97	8	0	3	4	6	1	13	0
	SMALL	156	158	57	7	6	29	215	19	0	7	10	14	3	28	0
	MEDIUM	227	230	82	10	8	42	312	27	0	10	14	20	4	41	0
	LARGE	312	322	113	14	11	57	429	37	0	14	20	28	5	57	0
Espresso	KIDS	70	72	26	3	2	13	97	8	0	3	4	6	1	13	0
	SMALL	156	158	57	7	6	29	215	19	0	7	10	14	3	28	0
	MEDIUM	227	230	82	10	8	42	312	27	0	10	14	20	4	41	0
	LARGE	312	322	113	14	11	57	429	37	0	14	20	28	5	57	0
Mango	KIDS	70	72	26	3	2	13	97	8	0	3	4	6	1	13	0
	SMALL	156	158	57	7	6	29	215	19	0	7	10	14	3	28	0
	MEDIUM	227	230	82	10	8	42	312	27	0	10	14	20	4	41	0
	LARGE	312	322	113	14	11	57	429	37	0	14	20	28	5	57	0
Peach	KIDS	70	72	26	3	2	13	97	8	0	3	4	6	1	13	0
	SMALL	156	158	57	7	6	29	215	19	0	7	10	14	3	28	0
	MEDIUM	227	230	82	10	8	42	312	27	0	10	14	20	4	41	0
	LARGE	312	322	113	14	11	57	429	37	0	14	20	28	5	57	0
Red Raspberry	KIDS	70	72	26	3	2	13	97	8	0	3	4	6	1	13	0
	SMALL	156	158	57	7	6	29	215	19	0	7	10	14	3	28	0
	MEDIUM	227	230	82	10	8	42	312	27	0	10	14	20	4	41	0
	LARGE	312	322	113	14	11	57	429	37	0	14	20	28	5	57	0
Strawberry	KIDS	70	72	26	3	2	13	97	8	0	3	4	6	1	13	0
	SMALL	156	158	57	7	6	29	215	19	0	7	10	14	3	28	0
	MEDIUM	227	230	82	10	8	42	312	27	0	10	14	20	4	41	0
	LARGE	312	322	113	14	11	57	429	37	0	14	20	28	5	57	0
Vanilla	KIDS	70	72	26	3	2	13	97	8	0	3	4	6	1	13	0
	SMALL	156	158	57	7	6	29	215	19	0	7	10	14	3	28	0
	MEDIUM	227	230	82	10	8	42	312	27	0	10	14	20	4	41	0
	LARGE	312	322	113	14	11	57	429	37	0	14	20	28	5	57	0

**NO SUGAR ADDED  
FROZEN CUSTARD FLAVORS**

	Serving Size	Servings by grams	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
Wild Cherry	KIDS	70	72	26	3	2	13	97	8	0	3	4	6	1	13	0
	SMALL	156	158	57	7	6	29	215	19	0	7	10	14	3	28	0
	MEDIUM	227	230	82	10	8	42	312	27	0	10	14	20	4	41	0
	LARGE	312	322	113	14	11	57	429	37	0	14	20	28	5	57	0

# RITTER'S FROZEN CUSTARD NUTRITIONAL INFORMATION

PERCENT OF DAILY VALUES

	Serving Size	Servings by grams	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
<b>YOGURT FLAVORS</b>																
Blueberry	KIDS	70	104	0	0	0	3	42	22	0	22	0	1	1	6	0
	SMALL	156	228	0	0	0	7	93	49	0	49	0	2	2	14	0
	MEDIUM	227	333	0	0	0	10	135	71	0	71	0	4	4	21	0
	LARGE	312	458	0	0	0	14	186	97	0	97	0	5	5	28	0
Blueberry Pomegranate	KIDS	70	104	0	0	0	3	42	22	0	22	0	1	1	6	0
	SMALL	156	228	0	0	0	7	93	49	0	49	0	2	2	14	0
	MEDIUM	227	333	0	0	0	10	135	71	0	71	0	4	4	21	0
	LARGE	312	458	0	0	0	14	186	97	0	97	0	5	5	28	0
Mango	KIDS	70	104	0	0	0	3	42	22	0	22	0	1	1	6	0
	SMALL	156	228	0	0	0	7	93	49	0	49	0	2	2	14	0
	MEDIUM	227	333	0	0	0	10	135	71	0	71	0	4	4	21	0
	LARGE	312	458	0	0	0	14	186	97	0	97	0	5	5	28	0
Red Raspberry	KIDS	70	104	0	0	0	3	42	22	0	22	0	1	1	6	0
	SMALL	156	228	0	0	0	7	93	49	0	49	0	2	2	14	0
	MEDIUM	227	333	0	0	0	10	135	71	0	71	0	4	4	21	0
	LARGE	312	458	0	0	0	14	186	97	0	97	0	5	5	28	0
Red Raspberry Pomengra	KIDS	70	104	0	0	0	3	42	22	0	22	0	1	1	6	0
	SMALL	156	228	0	0	0	7	93	49	0	49	0	2	2	14	0
	MEDIUM	227	333	0	0	0	10	135	71	0	71	0	4	4	21	0
	LARGE	312	458	0	0	0	14	186	97	0	97	0	5	5	28	0
Strawberry	KIDS	70	104	0	0	0	3	42	22	0	22	0	1	1	6	0
	SMALL	156	228	0	0	0	7	93	49	0	49	0	2	2	14	0
	MEDIUM	227	333	0	0	0	10	135	71	0	71	0	4	4	21	0
	LARGE	312	458	0	0	0	14	186	97	0	97	0	5	5	28	0
Vanilla	KIDS	70	104	0	0	0	3	42	22	0	22	0	1	1	6	0
	SMALL	156	228	0	0	0	7	93	49	0	49	0	2	2	14	0
	MEDIUM	227	333	0	0	0	10	135	71	0	71	0	4	4	21	0
	LARGE	312	458	0	0	0	14	186	97	0	97	0	5	5	28	0

# RITTER'S FROZEN CUSTARD NUTRITIONAL INFORMATION

PERCENT OF DAILY VALUES

		Number of serving	Servings by	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
			grams														
<b>PIES</b>																	
Classic Turtle		12	151	368	178	22	8	49	287	47	1	33	7	8	0	17	2
Mint Chocolate Chip		12	172	386	157	19	10	49	240	57	0	39	6	7	0	15	6
Mud		12	161	418	149	17	9	71	326	63	2	45	5	8	0	16	25
Peanut Butter Mountain		12	154	402	197	23	8	50	312	46	2	33	9	7	0	16	8
Pumpkin Nut		12	156	351	172	21	7	49	268	43	1	31	7	11	1	16	4
Snicker's		12	154	357	145	18	8	51	280	53	1	38	7	8	0	17	2
<b>Specialty Round Cakes</b>																	
Banana Split Tort		12	167	344	142	17	7	46	319	46	1	35	8	6	6	10	4
Reese's Cup Tort		12	164	431	225	24	10	47	408	42	2	37	9	6	0	13	7
Heath Bar Tort		12	163	400	150	18	6	51	360	61	0	45	5	6	0	13	4
Oreo Tort		12	150	348	150	16	8	45	349	42	1	35	6	6	0	12	8
Mint Oreo Tort		12	156	337	145	15	8	45	328	40	1	36	6	6	0	13	7
Strawberry DEElight		12	159	311	110	15	7	46	320	48	1	34	14	6	7	11	4
Cookie Dough		12	158	358	170	20	11	35	172	44	7	22	4	6	0	11	9
Oreo		12	164	383	167	18	9	45	369	47	1	38	6	6	0	12	9
Chocolate Kiss Bliss		12	195	441	195	21	12	47	340	53	1	47	7	6	0	14	7
Party Round Tort																	
Chocolate Cake	Vanilla Frozen Custard	12	135	272	124	13	6	45	282	31	0	28	5	6	0	11	4
Chocolate Cake	Chocolate Frozen Custard	12	135	306	137	13	7	59	324	33	1	31	5	6	0	11	15
Chocolate Cake	NSA Vanilla Frozen Custard	12	135	227	94	9	5	25	308	23	0	18	7	7	1	15	4
White Cake	Vanilla Frozen Custard	12	135	288	113	13	6	46	309	43	0	30	5	6	0	11	4
White Cake	Chocolate Frozen Custard	12	135	352	125	14	7	61	356	45	1	33	5	6	0	12	15
White Cake	NSA Vanilla Frozen Custard	12	135	241	86	9	5	25	332	28	0	19	7	7	1	15	4
<b>Birthday Candle Design</b>																	
Chocolate Cake	Vanilla Frozen Custard	12	144	287	133	14	7	45	284	32	1	30	5	6	0	11	4
Chocolate Cake	Chocolate Frozen Custard	12	144	325	147	14	8	60	332	35	1	33	5	6	0	11	15
Chocolate Cake	NSA Vanilla Frozen Custard	12	144	242	103	10	6	25	311	24	0	20	7	7	1	15	4
White Cake	Vanilla Frozen Custard	12	144	302	121	14	7	46	312	44	0	32	5	6	0	11	4
White Cake	Chocolate Frozen Custard	12	144	340	134	15	8	61	360	46	1	35	5	6	0	12	15



		Number of serving	Servings by	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
White Cake	NSA Vanilla Frozen Custard	12	144	257	92	10	6	27	339	36	0	22	7	7	1	15	4
Confetti (Rainbow Spirinkle)																	
Chocolate Cake	Vanilla Frozen Custard	12	144	287	133	14	7	45	284	32	1	30	5	6	0	11	4
Chocolate Cake	Chocolate Frozen Custard	12	144	325	147	14	8	60	332	35	1	33	5	6	0	11	15
Chocolate Cake	NSA Vanilla Frozen Custard	12	144	242	103	10	6	25	311	24	0	20	7	7	1	15	4
White Cake	Vanilla Frozen Custard	12	144	302	121	14	7	46	312	44	0	32	5	6	0	11	4
White Cake	Chocolate Frozen Custard	12	144	340	134	15	8	61	360	46	1	35	5	6	0	12	15
White Cake	NSA Vanilla Frozen Custard	12	144	257	92	10	6	27	339	36	0	22	7	7	1	15	4

**Sheet Cakes**

<b>Small (1/4)</b>																	
Chocolate Cake	Vanilla Frozen Custard	8	130	262	103	12	6	35	281	39	1	28	4	4	0	8	4
Chocolate Cake	Chocolate Frozen Custard	8	130	287	112	13	7	45	312	40	2	30	4	4	0	8	12
Chocolate Cake	NSA Vanilla Frozen Custard	8	130	233	85	10	5	22	299	34	1	21	5	4	0	10	4
White Cake	Vanilla Frozen Custard	8	130	292	112	13	7	38	330	44	1	31	5	4	0	8	4
White Cake	Chocolate Frozen Custard	8	130	317	120	13	7	48	361	45	2	33	4	4	0	8	13
White Cake	NSA Vanilla Frozen Custard	8	130	262	93	10	6	25	347	38	1	24	6	4	0	10	4
<b>Medium (1/2)</b>																	
Chocolate Cake	Vanilla Frozen Custard	16	130	262	103	12	6	35	281	39	1	28	4	4	0	8	4
Chocolate Cake	Chocolate Frozen Custard	16	130	287	112	13	7	45	312	40	2	30	4	4	0	8	12
Chocolate Cake	NSA Vanilla Frozen Custard	16	130	233	85	10	5	22	299	34	1	21	5	4	0	10	4
White Cake	Vanilla Frozen Custard	16	130	292	112	13	7	38	330	44	1	31	5	4	0	8	4
White Cake	Chocolate Frozen Custard	16	130	317	120	13	7	48	361	45	2	33	4	4	0	8	13
White Cake	NSA Vanilla Frozen Custard	16	130	262	93	10	6	25	347	38	1	24	6	4	0	10	4
<b>Large (Full)</b>																	
Chocolate Cake	Vanilla Frozen Custard	32	130	262	103	12	6	35	281	39	1	28	4	4	0	8	4
Chocolate Cake	Chocolate Frozen Custard	32	130	287	112	13	7	45	312	40	2	30	4	4	0	8	12
Chocolate Cake	NSA Vanilla Frozen Custard	32	130	233	85	10	5	22	299	34	1	21	5	4	0	10	4
White Cake	Vanilla Frozen Custard	32	130	292	112	13	7	38	330	44	1	31	5	4	0	8	4
White Cake	Chocolate Frozen Custard	32	130	317	120	13	7	48	361	45	2	33	4	4	0	8	13
White Cake	NSA Vanilla Frozen Custard	32	130	262	93	10	6	25	347	38	1	24	6	4	0	10	4

# RITTER'S FROZEN CUSTARD NUTRITIONAL INFORMATION

PERCENT OF DAILY VALUES

	Serving Size	Servings by grams	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
<b>GLACIERS</b>																
VANILLA FROZEN CUSTARD	SMALL	240	388	175	23	13	107	247	54	0	43	11	17	0	32	0
VANILLA FROZEN CUSTARD	MEDIUM	354	571	258	35	19	158	364	79	0	63	16	25	0	47	0
VANILLA FROZEN CUSTARD	LARGE	453	731	330	44	24	202	466	102	0	81	20	32	0	61	0
CHOCOLATE FROZEN CUSTARD	SMALL	240	508	222	24	15	155	398	62	2	53	9	17	0	33	37
CHOCOLATE FROZEN CUSTARD	MEDIUM	354	748	326	36	23	227	585	91	3	78	13	26	0	48	49
CHOCOLATE FROZEN CUSTARD	LARGE	453	957	417	45	29	291	749	117	4	100	17	33	0	62	71
NSA VANILLA FROZEN CUSTARD	SMALL	240	245	88	11	9	44	331	29	0	11	15	22	4	44	0
NSA VANILLA FROZEN CUSTARD	MEDIUM	354	361	129	16	13	65	487	43	0	16	23	32	6	65	0
NSA VANILLA FROZEN CUSTARD	LARGE	453	462	165	21	16	83	624	55	0	21	29	41	8	83	0

(see topping chart for topping nutrition)

## SHAKES

VANILLA FROZEN CUSTARD	REGULAR	302	417	186	25	13	112	278	57	0	46	12	19	1	39	0
VANILLA FROZEN CUSTARD	LARGE	389	524	233	31	17	140	351	71	0	57	16	25	1	51	0
CHOCOLATE FROZEN CUSTARD	REGULAR	302	539	232	25	16	159	428	65	2	56	11	20	1	40	37
CHOCOLATE FROZEN CUSTARD	LARGE	389	674	290	32	20	198	537	81	2	70	14	25	1	52	46
NSA VANILLA FROZEN CUSTARD	REGULAR	302	273	98	12	9	49	362	32	0	14	17	24	5	51	0
NSA VANILLA FROZEN CUSTARD	LARGE	389	346	124	15	12	61	455	40	0	18	22	31	7	65	0

(see topping chart for topping nutrition)

## MALTS

VANILLA FROZEN CUSTARD	REGULAR	319	452	195	25	14	114	315	62	0	50	13	19	1	39	0
VANILLA FROZEN CUSTARD	LARGE	415	575	246	32	18	143	408	79	0	63	17	25	1	51	0
CHOCOLATE FROZEN CUSTARD	REGULAR	319	573	240	26	16	161	466	70	2	60	11	20	1	41	38
CHOCOLATE FROZEN CUSTARD	LARGE	415	725	300	32	21	201	594	89	2	76	15	25	1	52	46
NSA VANILLA FROZEN CUSTARD	REGULAR	319	307	106	13	10	51	400	37	0	18	18	25	5	52	0
NSA VANILLA FROZEN CUSTARD	LARGE	415	396	136	16	13	64	512	48	0	24	23	30	7	65	0

(see topping chart for topping nutrition)

## SMOOTHIES

CAPPUCCINO	REGULAR	270	417	125	14	8	66	153	68	2	47	7	10	0	21	2
CARAMEL CAPPUCCINO	REGULAR	274	488	126	14	8	66	150	84	2	63	7	10	0	21	2
MANGO	REGULAR	298	396	88	9	4	38	129	70	1	59	4	23	45	12	0
MINT CHOCOLATE CHIP	REGULAR	308	505	178	19	10	58	210	72	1	55	7	15	0	18	0

	Serving Size	Servings by	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
MINT MOCHA CHIP	REGULAR	303	567	163	18	10	60	159	92	2	66	7	9	0	19	2
MOCHA CAPPUCCINO	REGULAR	274	448	126	14	8	66	153	74	2	49	7	10	0	21	2
MOCHA CHIP CAPPUCCINO	REGULAR	289	524	172	19	11	66	168	81	2	57	8	10	0	21	2
STRAWBERRY	REGULAR	298	421	89	9	4	38	146	75	2	58	4	10	20	16	3
STRAWBERRY BANANA	REGULAR	301	414	73	8	4	31	124	77	3	57	6	8	25	14	3
CAPPUCCINO	LARGE	295	497	148	17	9	79	184	82	2	57	8	12	0	25	2
CARAMEL CAPPUCCINO	LARGE	309	551	143	16	9	75	181	96	2	72	8	11	0	24	2
MANGO	LARGE	368	115	487	13	6	51	172	86	1	72	5	29	50	16	0
MINT CHOCOLATE CHIP	LARGE	357	582	194	21	11	63	237	86	1	66	7	17	0	20	0
MINT MOCHA CHIP	LARGE	362	713	220	24	14	79	214	114	2	86	9	12	0	25	3
MOCHA CAPPUCCINO	LARGE	341	582	171	20	11	93	216	97	2	69	10	14	0	30	3
MOCHA CHIP CAPPUCCINO	LARGE	362	695	238	27	15	93	238	107	2	78	11	14	0	30	3
STRAWBERRY	LARGE	369	515	116	13	6	51	191	91	3	70	5	12	25	21	3
STRAWBERRY BANANA	LARGE	369	499	92	10	5	41	159	93	4	69	9	11	30	18	4

**SMOOTHIES (Non Dairy)**

NON DAIRY MANGO	REGULAR	170	214	0	0	0	0	0	54	0	54	0	20	68	0	0
NON DAIRY STRAWBERRY	REGULAR	170	252	0	0	0	0	25	61	2	51	0	0	33	6	4
NON DAIRY STRAWBERRY BANANA	REGULAR	241	331	1	0	0	0	30	81	3	65	5	0	45	7	6
NON DAIRY MANGO	LARGE	198	250	0	0	0	0	0	63	0	63	0	25	80	0	0
NON DAIRY STRAWBERRY	LARGE	198	294	0	0	0	0	29	72	2	60	0	0	39	7	5
NON DAIRY STRAWBERRY BANANA	LARGE	255	334	2	0	0	0	30	85	4	67	7	0	45	7	6

**FLOATS**

Root Beer with Vanilla FC	REGULAR	525	432	118	15	8	70	242	84	0	77	7	10	0	21	0
Root Beer with Van FC	LARGE	930	807	235	31	17	140	459	153	0	140	14	20	0	42	0

# RITTER'S FROZEN CUSTARD NUTRITIONAL INFORMATION

PERCENT OF DAILY VALUES

	Serving Size	Servings by grams	Calories	Calories by fat	Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
<b>GELATI BLEND (Vanilla Frozen Custard)</b>																
mixed with Blue Razz Italian Ice	SMALL	269	346	90	11	6	51	130	66	0	58	5	8	0	16	0
mixed with Cherry Bomb Italian Ice	SMALL	269	339	90	11	6	51	130	64	0	57	5	8	0	16	0
mixed with Lemon Drop Italian Ice	SMALL	269	350	90	11	6	51	166	67	0	59	5	8	3	16	0
mixed with Mangolicious Italian Ice	SMALL	269	338	90	11	6	51	130	64	0	56	5	8	1	16	0
mixed with Root Beer Italian ice	SMALL	269	339	90	11	6	51	130	64	0	56	5	8	0	16	0
mixed with Seedless Watermelon Italian ice	SMALL	269	328	90	11	6	51	130	62	0	54	5	8	0	16	0
mixed with Sour Apple Italian Ice	SMALL	269	334	90	11	6	51	130	64	0	55	5	8	0	16	0
mixed with Strawberry Italian ice	SMALL	269	296	90	11	6	51	196	47	0	37	11	8	0	16	0
mixed with Blue Razz Italian Ice	REGULAR	411	534	145	18	10	82	208	101	0	88	8	13	0	25	0
mixed with Cherry Bomb Italian Ice	REGULAR	411	525	145	18	10	82	210	98	0	86	8	13	0	26	0
mixed with Lemon Drop Italian Ice	REGULAR	411	540	145	18	10	82	261	103	0	90	8	13	4	25	0
mixed with Mangolicious Italian Ice	REGULAR	411	523	145	18	10	82	209	98	0	84	8	13	2	25	0
mixed with Root Beer Italian ice	REGULAR	411	525	145	18	10	82	208	98	0	85	8	13	0	25	0
mixed with Seedless Watermelon Italian ice	REGULAR	411	508	145	18	10	82	208	94	0	82	8	13	0	25	0
mixed with Sour Apple Italian Ice	REGULAR	411	518	145	18	10	82	208	97	0	84	8	13	0	25	0
mixed with Strawberry Italian ice	REGULAR	411	462	145	18	10	82	305	73	0	56	17	13	0	25	0
mixed with Blue Razz Italian Ice	LARGE	496	647	178	22	12	101	255	121	0	106	10	16	0	31	0
mixed with Cherry Bomb Italian Ice	LARGE	496	636	178	22	12	101	257	118	0	103	10	16	0	32	0
mixed with Lemon Drop Italian Ice	LARGE	496	654	178	22	12	101	318	123	0	108	10	16	5	31	0
mixed with Mangolicious Italian Ice	LARGE	496	634	178	22	12	101	257	118	0	101	10	16	2	31	0
mixed with Root Beer Italian ice	LARGE	496	635	178	22	12	101	255	118	0	103	10	16	0	31	0
mixed with Seedless Watermelon Italian ice	LARGE	496	617	178	22	12	101	255	114	0	99	10	16	0	31	0
mixed with Sour Apple Italian Ice	LARGE	496	628	178	22	12	101	255	117	0	101	10	16	0	31	0
mixed with Strawberry Italian ice	LARGE	496	561	178	22	12	101	370	88	0	69	10	16	0	31	0

## GELATI (Vanilla Frozen Custard)

layered with Blue Razz Italian Ice	REGULAR	312	406	111	14	8	63	160	76	0	67	6	10	0	19	0
layered with Cherry Bomb Italian Ice	REGULAR	312	399	111	14	8	63	161	74	0	65	6	10	0	20	0
layered with Lemon Drop Italian Ice	REGULAR	312	411	111	14	8	63	200	79	0	68	6	10	3	19	0
layered with Mangolicious Italian Ice	REGULAR	312	398	111	14	8	63	161	74	0	64	6	10	2	19	0
layered with Root Beer Italian ice	REGULAR	312	399	111	14	8	63	160	74	0	65	6	10	0	19	0
layered with Seedless Watermelon Italian ice	REGULAR	312	387	111	14	8	63	160	72	0	62	6	10	0	19	0
layered with Sour Apple Italian Ice	REGULAR	312	394	111	14	8	63	160	74	0	64	6	10	0	19	0
layered with Strawberry Italian ice	REGULAR	312	352	111	14	8	63	232	55	0	43	14	10	0	19	0
layered with Blue Razz Italian Ice	LARGE	425	557	155	19	11	88	223	104	0	91	9	14	0	27	0
layered with Cherry Bomb Italian Ice	LARGE	425	547	155	19	11	88	224	101	0	88	9	14	0	28	0
layered with Lemon Drop Italian Ice	LARGE	425	563	155	19	11	88	276	105	0	92	9	14	3	27	0

	Serving Size	Servings by	Calories	Calories by fat	Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
layered with Mangolicious Italian Ice	LARGE	425	545	155	19	11	88	224	101	0	87	9	14	2	27	0
layered with Root Beer Italian ice	LARGE	425	547	155	19	11	88	223	101	0	88	9	14	0	27	0
layered with Seedless Watermelon Italian ice	LARGE	425	541	155	19	11	88	223	100	0	86	9	14	0	27	0
layered with Sour Apple Italian Ice	LARGE	425	531	155	19	11	88	223	97	0	85	9	14	0	27	0
layered with Strawberry Italian ice	LARGE	425	485	155	19	11	88	320	76	0	59	18	14	0	27	0

**ITALIAN MIST**

with Blue Razz Italian Ice	REGULAR	241	253	0	0	0	0	20	63	0	59	0	0	0	0	0
with Cherry Bomb Italian Ice	REGULAR	241	243	0	0	0	0	22	60	0	56	0	0	0	0	0
with Lemon Drop Italian Ice	REGULAR	241	260	0	0	0	0	76	66	0	61	0	4	0	0	0
with Mangolicious Italian Ice	REGULAR	241	240	0	0	0	0	20	60	0	55	0	2	0	0	0
with Root Beer Italian ice	REGULAR	241	240	0	0	0	0	20	56	0	60	0	0	0	0	0
with Seedless Watermelon Italian ice	REGULAR	241	230	0	0	0	0	20	57	0	53	0	0	0	0	0
with Sour Apple Italian Ice	REGULAR	241	236	0	0	0	0	20	59	0	54	0	0	0	0	0
with Strawberry Italian ice	REGULAR	241	176	0	0	0	0	123	33	0.7	25	0	0	0	0	0
with Blue Razz Italian Ice	LARGE	298	312	0	0	0	0	25	79	0	73	0	0	0	0	0
with Cherry Bomb Italian Ice	LARGE	298	300	0	0	0	0	27	75	0	70	0	0	0	0	0
with Lemon Drop Italian Ice	LARGE	298	321	0	0	0	0	94	81	0	75	0	6	0	0	0
with Mangolicious Italian Ice	LARGE	298	298	0	0	0	0	26	74	0	68	0	3	0	0	0
with Root Beer Italian ice	LARGE	298	300	0	0	0	0	25	75	0	69	0	0	0	0	0
with Seedless Watermelon Italian ice	LARGE	298	279	0	0	0	0	25	70	0	65	0	0	0	0	0
with Sour Apple Italian Ice	LARGE	298	291	0	0	0	0	25	73	0	67	0	0	0	0	0
with Strawberry Italian ice	LARGE	298	216	0	0	0	0	140	42	0.8	32	0	0	0	0	0

# RITTER'S FROZEN CUSTARD NUTRITIONAL INFORMATION

PERCENT OF DAILY VALUES

	Serving Size	Servings by grams	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
<b>NOVELTY ITEMS</b>																
Dipper Bar Vanilla Frozen Custard	1 each	156	483	258	31	18	44	118	55	1	45	6	7	0	13	19
Cubby Paw Sandwich:																
with Vanilla Frozen Custard	1 each	94	157	55	8	4	32	74	23	0	16	4	5	0	10	2
with Chocolate Frozen Custard	1 each	94	193	66	8	5	45	118	26	1	18	3	6	0	10	13
with Mint Frozen Custard	1 each	94	157	55	8	4	32	74	23	0	16	4	5	0	10	2
with Strawberry Frozen Custard	1 each	94	157	55	8	4	32	74	23	0	16	4	5	0	10	2
<b>Cones</b>																
Waffle Cone	1 each	23	100	20	2	0	5	0	17	0	8	1	0	0	0	4
Waffle Cone Dipped In Chocoalte	1 each	49	243	101	10	5	6	6	33	0	20	2	0	0	0	11
Waffle Cone Dipped in Choc w/Sprinkles	1 each	55	272	102	10	5	6	6	37	0	21	2	0	0	0	11
Cake Cone Small	1 each	5	20	0	0	0	0	5	4	0	0	0	0	0	0	2
Cake Cone Large	1 each	9	35	0	0	0	0	15	8	0	0	1	0	0	0	2
<b>Cones ONLY does not include any frozen custard, Italian Ice or FROYO</b>																

# RITTER'S FROZEN CUSTARD NUTRITIONAL INFORMATION

PERCENT OF DAILY VALUES

	Number of servings	Number of servings	Servings by	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
FROZEN CUSTARD FLAVORS	PINT	QUART															
Almond En-Joy	4	8	114	232	116	15	7	46	105	28	1	22	6	7	0	15	3
Amaretto	4	8	114	182	82	11	6	51	116	25	0	21	5	8	0	15	0
Apple Cobbler	4	8	114	173	77	10	6	47	109	24	0	19	5	12	2	14	0
Banana Berry	4	8	114	152	64	9	5	39	90	23	0	18	4	318	2	117	0
Birthday Cake	4	8	114	203	82	10	6	47	135	30	0	23	5	7	0	14	0
Black Cherry	4	8	114	176	78	11	6	48	111	25	0	20	5	7	0	14	0
Black Raspberry	4	8	114	179	80	11	6	49	112	25	0	20	5	7	0	15	0
Black Raspberry Chip	4	8	114	208	96	12	7	49	115	28	0	22	5	8	0	15	2
Black Walnut	4	8	114	211	106	14	6	48	110	25	0	19	6	7	0	15	1
Blueberry	4	8	114	184	82	11	6	50	116	26	0	21	5	8	0	15	0
Boston Crème Pie	4	8	114	191	83	11	6	47	122	27	0	21	5	7	0	14	1
Brandy Alexander	4	8	114	218	51	14	6	51	136	26	0	20	6	8	0	15	1
Brownie Fudge Ripple	4	8	114	190	84	11	6	50	121	27	0	21	5	7	0	15	0
Bubble Gum	4	8	114	182	82	11	6	51	116	25	0	21	5	8	0	15	0
Butter Pecan	4	8	114	217	111	14	6	51	135	26	0	20	6	8	0	15	1
Butterfinger	4	8	114	231	110	14	6	50	153	29	0	22	6	8	0	15	0
Butterscotch	4	8	114	182	82	11	6	51	116	25	0	21	5	8	0	15	0
Cake Batter	4	8	114	216	7	12	6	48	127	30	0	23	5	7	0	14	0
Candy Land	4	8	114	195	96	14	6	47	122	27	0	21	5	8	0	14	1
Cappuccino	4	8	114	182	82	11	6	51	116	25	0	21	5	8	0	15	0
Cappuccino Brownie	4	8	114	186	83	11	6	51	118	26	0	21	5	8	0	15	0
Caramel	4	8	114	182	82	11	6	51	116	25	0	21	5	8	0	15	0
Caramel Apple	4	8	114	184	77	10	5	46	123	27	0	21	5	11	2	14	0
Caramel Cashew	4	8	114	209	102	13	6	48	135	26	0	19	6	7	0	15	2
Caramel Snicker Swirl	4	8	114	219	90	12	6	46	147	32	0	25	5	7	0	14	0
Cookie Dough N Peanut Butter	4	8	114	244	122	15	7	45	147	28	5	19	5	7	0	14	4
Cherry Cheesecake	4	8	114	186	79	11	6	27	119	27	0	19	5	7	0	14	0
Cherry Cordial	4	8	114	219	98	13	7	45	115	31	0	22	5	7	0	13	3
Cherry Vanilla	4	8	114	180	78	10	6	48	110	27	0	21	6	7	0	14	0
Chocolate Covered Banana	4	8	114	201	85	11	6	39	91	29	0.6	22	6	6	2	12	3

## PERCENT OF DAILY VALUES

	Number of servings	Number of servings	Servings by	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
<b>FROZEN CUSTARD FLAVORS</b>	<b>PINT</b>	<b>QUART</b>															
Chocolate	4	8	114	239	104	11	7	73	187	29	1	25	4	8	0	15	17
Chocolate Almond	4	8	114	263	127	14	7	69	178	29	2	24	5	8	0	16	17
Chocolate Chip	4	8	114	213	101	13	7	48	118	28	0	22	5	7	0	14	0
Chocolate Chocolate Chip	4	8	114	267	123	13	9	69	186	31	1	27	4	8	0	15	17
Chocolate Cloud	4	8	114	255	104	12	7	69	177	35	0.7	28	5	9	0	17	11
Chocolate Malt	4	8	114	191	78	10	5	47	114	29	0	23	5	7	0	14	0
Chocolate Mint	4	8	114	239	104	11	7	73	187	29	1	25	4	8	0	15	17
Chocolate Peanut Butter Cup	4	8	114	242	108	12	7	64	179	30	1	25	5	7	0	15	14
Cinnamon	4	8	114	182	82	11	6	51	116	25	0	21	5	8	0	15	0
Coconut	4	8	114	191	86	11	7	51	114	27	0.5	21	5	8	0	15	0
Coffee Crunch	4	8	114	204	95	12	6	49	109	28	0	23	5	7	0	14	0
Coffee Espresso	4	8	114	182	82	11	6	51	116	25	0	21	5	8	0	15	0
Cookie Dough	4	8	114	250	120	14	8	46	124	31	4	22	5	7	0	13	3
Cookies-N-Crème	4	8	114	202	89	11	7	48	136	28	0	22	5	7	0	15	1
Cotton Candy	4	8	114	182	82	11	6	51	116	25	0	21	5	8	0	15	0
Dreamsicle	4	8	114	182	82	11	6	51	116	25	0	21	5	8	0	15	0
Egg Nog	4	8	114	182	82	11	6	51	116	25	0	21	5	8	0	15	0
English Toffee	4	8	114	207	96	12	6	52	116	28	0	23	5	8	0	15	0
French Silk	4	8	114	229	97	11	7	65	163	30	0.7	26	4	8	0	15	11
Fresh Banana	4	8	114	172	68	9	5	42	98	26	0	20	6	7	2	13	0
German Chocolate	4	8	114	290	135	15	7	66	202	36	1	29	5	8	0	15	11
Heath Bar	4	8	114	211	99	13	6	49	109	28	0	23	5	7	0	14	0
Holiday Mint	4	8	114	230	110	14	8	47	112	30	0	24	5	7	0	14	3
Key Lime	4	8	114	182	82	11	6	51	116	25	0	21	5	8	0	15	0
Lemon	4	8	114	182	82	11	6	51	116	25	0	21	5	8	0	15	0
Mango Tango	4	8	114	172	76	10	5	46	107	24	0	19	5	7	0	14	0
Maple Walnut	4	8	114	216	111	14	6	48	111	26	0	20	6	7	0	15	2
Mint Chocolate Chip	4	8	114	202	95	12	7	49	117	27	0	22	5	7	0	15	0
Mint Oreo	4	8	114	202	90	12	6	48	136	29	0	22	5	7	0	15	1
Mocha Almond Fudge	4	8	114	224	112	15	7	46	111	27	0.5	21	6	7	0	15	1
NY Cherry Cheesecake	4	8	114	192	79	10	6	48	122	29	0	19	5	7	1	14	0
Orange-Pineapple	4	8	114	172	76	10	5	47	108	25	0	20	4	7	2	14	0
Peach	4	8	114	171	76	10	5	46	107	24	0	19	5	7	0	14	0



## PERCENT OF DAILY VALUES

	Number of servings	Number of servings	Servings by	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
<b>FROZEN CUSTARD FLAVORS</b>	PINT	QUART															
Peach Cheesecake	4	8	114	171	76	10	5	46	107	24	0	19	5	7	0	14	0
Peanut Butter	4	8	114	215	107	14	7	51	147	26	0	21	6	8	0	15	0
Peanut Butter Pretzel Chip	4	8	114	241	119	15	7	44	189	29	0.5	21	6	7	0	14	1
Peanut Butter Rush	4	8	114	266	136	17	8	43	156	31	0.8	25	6	6	0	13	4
Peanut Cluster	4	8	114	270	118	13	6	58	210	33	1	26	6	7	0	15	11
Peppermint Crunch	4	8	114	198	81	11	6	49	111	30	0	25	5	7	0	14	0
Pina Colada	4	8	114	182	81	11	6	48	106	26	0.5	20	5	7	2	14	0
Pineapple	4	8	114	173	76	10	6	47	108	25	0	29	5	7	2	14	0
Pistachio Almond	4	8	114	219	111	14	6	48	111	25	0.8	20	6	7	0	16	2
Pistachio Nut	4	8	114	209	102	13	6	48	111	25	0.6	20	6	8	0	15	1
Praline Pecan	4	8	114	217	109	14	6	49	137	26	0.4	21	5	8	0	16	1
Pumpkin	4	8	114	166	73	10	5	44	103	24	0.4	18	5	7	1	13	0
Pumpkin Pecan Praline	4	8	114	214	109	14	6	44	133	26	0.9	20	5	7	1	14	2
Red Raspberry Cheesecake	4	8	114	176	78	10	6	48	111	25	0	20	5	7	1	14	0
Red Raspberry	4	8	114	176	78	10	6	48	111	25	0	20	5	7	1	14	0
Rocky Road	4	8	114	262	116	14	8	66	170	33	0.7	28	5	8	0	16	11
Smores	4	8	114	234	94	11	6	41	134	34	0	26	5	6	0	13	0
Strawberry	4	8	114	180	79	11	6	48	111	26	0	21	5	7	4	14	0
Strawberry Cheesecake	4	8	114	180	79	11	6	48	111	26	0	21	5	7	4	14	0
Strawberry Romance	4	8	114	209	96	13	7	44	104	28	0	23	5	7	4	13	2
Tin Roof	4	8	114	193	74	12	7	48	124	28	0	22	17	7	0	14	0
Tiramisu	4	8	114	218	110	14	6	46	138	25	0.8	19	7	7	0	15	1
Toasted Coconut	4	8	114	191	86	12	7	51	114	27	0.5	21	5	8	0	15	0
Turtle Cheesecake	4	8	114	251	126	16	7	43	140	31	0.7	24	5	7	0	14	3
Turtle Somethin'	4	8	114	251	126	16	7	43	140	31	0.7	24	5	7	0	14	3
Vanilla	4	8	114	182	82	11	6	51	116	25	0	21	5	8	0	15	0
Waffle Nut Crunch	4	8	114	237	114	15	7	133	104	30	0.4	22	5	7	0	13	3
<b>No Sugar Added Frozen Custard</b>																	
Caramel	4	8	114	115	41	5	4	21	156	14	0	5	7	10	2	21	0
Dreamsicle	4	8	114	115	41	5	4	21	156	14	0	5	7	10	2	21	0
Espresso	4	8	114	115	41	5	4	21	156	14	0	5	7	10	2	21	0
Mango	4	8	114	115	41	5	4	21	156	14	0	5	7	10	2	21	0

PERCENT OF DAILY VALUES

	Number of servings	Number of servings	Servings by	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
<b>No Sugar Added Frozen Custard</b>	PINT	QUART															
Peach	4	8	114	115	41	5	4	21	156	14	0	5	7	10	2	21	0
Red Raspberry	4	8	114	115	41	5	4	21	156	14	0	5	7	10	2	21	0
Strawberry	4	8	114	115	41	5	4	21	156	14	0	5	7	10	2	21	0
Vanilla	4	8	114	115	41	5	4	21	156	14	0	5	7	10	2	21	0
Wild Cherry	4	8	114	115	41	5	4	21	156	14	0	5	7	10	2	21	0
<b>ITALIAN ICE Flavors</b>																	
Blue Razz	4	8	114	119	0	0	0	0	10	28	0	27	0	0	0	7	0
Cherry Bomb	4	8	114	114	0	0	0	0	10	29	0	27	0	0	0	7	0
Lemon Drop	4	8	114	122	0	0	0	0	36	31	0	28	0	0	2	3	0
Mangolicious	4	8	114	113	0	0	0	0	10	28	0	26	0	0	1	3	0
Root Beer	4	8	114	114	0	0	0	0	10	28	0	27	0	0	0	3	0
Seedless Watermelon	4	8	114	111	0	0	0	0	10	28	0	26	0	0	0	2	0
Sour Apple	4	8	114	106	0	0	0	0	10	27	0	25	0	0	0	2	0
Strawberry	4	8	114	83	0	0	0	0	58	16	0	12	5	0	0	4	0
<b>Yogurt</b>																	
Blueberry	4	8	114	167	0	0	0	5	68	35	0	35	0	10	2	10	0
Blueberry Pomegranate	4	8	114	167	0	0	0	5	68	35	0	35	0	10	2	10	0
Mango	4	8	114	167	0	0	0	5	68	35	0	35	0	10	2	10	0
Red Raspberry	4	8	114	167	0	0	0	5	68	35	0	35	0	10	2	10	0
Red Raspberry Pomegranate	4	8	114	167	0	0	0	5	68	35	0	35	0	10	2	10	0
Strawberry	4	8	114	167	0	0	0	5	68	35	0	35	0	10	2	10	0

# RITTER'S FROZEN CUSTARD NUTRITIONAL INFORMATION

PERCENT OF DAILY VALUES

	Serving Size	Servings by grams	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
<b>TOPPINGS</b>																
Almonds	1	14	85	64	7	0	0	0	2	1	0	3	0	0	3	4
Banana	1	28	25	0	0	0	0	0	6	0.7	3	3	0	4	1	0
Black Raspberries	1	28	21	0	0	0	0	0	21	0.5	1	0	0	1	0	2
Blueberries	1	28	15	1	0	0	0	0	3	0.7	2	0	0	1	0	0
Butterfinger	1	21	96	33	4	2	3	48	15	0	10	1	0	0	0	0
Butterscotch	1	28	90	0	0	0	0	69	21	0	15	0	0	0	0	0
Chocolate Curls	1	21	114	68	7	4	0	22	10	0	9	1	0	0	0	0
Chocolate Syrup	1	28	71	1	0	0	2	6	17	0.4	14	0	0	0	1	2
Coconut	1	14	66	30	3	3	7	0	9	2	5	0	0	0	0	0
Cookie Dough	1	28	187	94	8	6	2	52	18	16	1	0	0	0	0	12
Gummy Worms	1	11	38	0	0	0	0	3	8	0	6	1	0	0	0	0
Heath Bar	1	21	113	63	7	0	6	0	13	0	13	0	0	0	0	0
Hot Caramel	1	28	92	6	0	0	2	100	92	0	14	0	0	0	2	0
Hot Fudge	1	28	90	28	3	3	0	59	14	0	11	1	0	0	2	4
NSA Hot Fudge	1	28	22	0	0	0	0	8	22	0	0	0	0	0	1	1
M&M's	1	24	119	46	5	3	3	14	17	1	16	1	0	0	2	2
Malt Powder	1	28	57	12	1	0	3	63	9	0	6	1	0	0	0	0
Marshmallow	1	28	76	0	0	0	0	20	19	0	12	0	0	0	0	0
Oreos	1	14	66	24	3	2	0	57	10	0	6	0	0	0	0	4
Peaches	1	28	12	0	0	0	0	2	3	0.7	1	0	0	0	0	1
Spanished Peanuts	1	14	85	64	7	0	0	0	3	1	1	3	0	0	3	3
Peanut Butter	1	28	175	135	16	2	0	159	6	2	2	5	0	0	0	2
Pecans	1	14	100	88	10	1	0	55	2	1	0	1	0	0	0	2
Pineapple	1	28	16	0	0	0	0	0	4	0	4	0	0	0	0	1
Red Raspberries	1	28	16	0	0	0	0	0	4	1	2	0	0	0	0	1
Reese's Cup	1	28	148	42	3	1	2	82	15	0.7	14	3	0	0	0	3
Snickers	1	28	133	57	7	2	4	71	18	0.8	14	3	0	0	0	0
Sprinkles Rainbow	1	14	71	0	0	0	0	0	10	0	4	0	0	0	0	0
Strawberries	1	28	28	0	0	0	0	0	7	0	7	0	0	18	0	0
Wild Cherry	1	28	71	0	0	0	0	46	18	0	0	0	0	12	0	2

