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**JEREMIAH'S ITALIAN ICE® NUTRITION GUIDE**

	Size	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
<b>ITALIAN ICE</b>																
	Bahama Freeze	Tadpole	214.0	5	4	0	29	45	1	44	26	0	0	4	0	54
	Bahama Freeze	Small	259.0	6	5	0	35	54	1	53	32	0	0	5	0	66
	Bahama Freeze	Medium	420.0	9	8	0	57	88	1	86	51	1	0	8	0	107
	Bahama Freeze	Bullfrog	659.0	14	12	0	89	137	1	135	80	1	0	12	0	167
	Bahama Freeze	Quart	1067.0	22	20	0	144	222	1	218	130	1	1	18	0	270
	Bahama Freeze	Half Gallon	2132.0	44	39	0	286	444	1	435	259	1	1	37	1	540
	Black Cherry	Tadpole	115.0	0	0	0	15	29	0	28	27	0	0	5	0	18
	Black Cherry	Small	164.0	0	0	0	21	41	1	39	38	0	0	6	0	25
	Black Cherry	Medium	252.0	0	0	0	32	63	1	60	58	1	0	10	0	38
	Black Cherry	Bullfrog	402.0	0	0	0	51	99	1	96	92	1	0	15	1	61
	Black Cherry	Quart	615.0	0	0	0	78	152	1	146	141	1	0	23	1	93
	Black Cherry	Half Gallon	1230.0	0	0	0	156	304	1	292	282	1	0	46	1	185
	Black Raspberry	Tadpole	111.0	0	0	0	11	29	1	28	27	0	0	5	0	8
	Black Raspberry	Small	137.0	0	0	0	13	35	1	34	34	0	0	6	0	10
	Black Raspberry	Medium	225.0	0	0	0	21	58	1	56	55	1	0	9	0	16
	Black Raspberry	Bullfrog	340.0	0	0	0	32	87	1	84	83	1	0	13	0	24
	Black Raspberry	Quart	580.0	0	0	0	54	149	1	143	142	1	0	22	1	40
	Black Raspberry	Half Gallon	1160.0	0	0	0	107	297	1	285	283	1	0	44	1	80
	Blue Razz	Tadpole	368.0	0	0	0	22	92	0	90	90	0	0	1	0	1
	Blue Razz	Small	450.0	0	0	0	27	112	0	111	111	0	0	1	0	1
	Blue Razz	Medium	826.0	0	0	0	49	206	0	203	203	0	0	2	0	2
	Blue Razz	Bullfrog	1165.0	0	0	0	69	290	1	286	286	0	0	2	0	2
	Blue Razz	Quart	1684.0	0	0	0	99	419	1	413	413	0	0	3	0	3
	Blue Razz	Half Gallon	3368.0	0	0	0	197	838	1	825	825	0	0	5	1	6
	Caffe Latte	Tadpole	112.0	3	2	0	10	19	23	22	17	1	1	31	0	75
	Caffe Latte	Small	141.0	4	2	0	12	23	28	27	21	2	1	39	0	94
	Caffe Latte	Medium	234.0	6	4	0	20	38	47	45	35	2	1	64	0	157
	Caffe Latte	Bullfrog	362.0	9	5	0	31	59	72	69	54	3	1	99	1	242
	Caffe Latte	Quart	554.0	13	8	0	47	90	110	105	82	5	2	152	1	370
	Caffe Latte	Half Gallon	1106.0	26	15	0	92	180	220	209	163	9	3	303	1	739
	Cake Batter	Tadpole	204.0	3	2	0	0	282	46	38	25	1	0	7	1	14
	Cake Batter	Small	256.0	3	2	0	0	352	58	47	31	1	0	9	1	17
	Cake Batter	Medium	414.0	5	3	0	0	571	94	76	49	2	0	14	2	28
	Cake Batter	Bullfrog	628.0	7	5	1	0	865	142	115	75	3	0	21	3	42
	Cake Batter	Quart	1063.0	12	8	1	0	1465	240	195	126	5	0	35	4	71
	Cake Batter	Half Gallon	2125.0	24	16	1	0	2930	479	389	252	9	0	69	8	142
	Cherry	Tadpole	129.0	0	0	0	7	33	0	28	28	0	0	3	0	2
	Cherry	Small	162.0	0	0	0	9	41	1	36	36	0	0	4	0	2
	Cherry	Medium	259.0	0	0	0	14	66	1	57	57	0	0	6	0	3



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Cherry	Bullfrog	422.0	0	0	0	0	22	107	1	92	92	0	0	9	0	5
Cherry	Quart	683.0	0	0	0	0	35	173	1	149	149	0	0	15	0	8
Cherry	Half Gallon	1364.0	0	0	0	0	70	345	1	297	297	0	0	29	1	16
Chocolate Ice	Tadpole	121.0	5	3	0	0	9	22	2	20	11	2	0	10	1	53
Chocolate Ice	Small	149.0	6	4	0	0	11	28	2	24	13	2	0	12	1	65
Chocolate Ice	Medium	242.0	10	6	0	0	17	44	3	39	21	3	0	19	1	105
Chocolate Ice	Bullfrog	356.0	14	9	0	0	25	65	4	58	31	4	0	28	2	155
Chocolate Ice	Quart	647.0	25	16	0	0	46	118	7	105	56	7	0	50	3	281
Chocolate Ice	Half Gallon	1293.0	49	31	0	0	91	236	13	209	111	13	0	99	6	562
Coconut	Tadpole	201.0	5	5	0	0	28	41	1	40	22	1	0	4	0	51
Coconut	Small	258.0	7	6	0	0	36	52	1	51	28	1	0	5	0	66
Coconut	Medium	470.0	12	10	0	0	65	93	1	92	49	0	0	0	0	120
Coconut	Bullfrog	634.0	16	14	0	0	87	127	2	126	67	1	0	12	0	160
Coconut	Quart	1067.0	27	24	0	0	147	214	3	211	113	1	0	20	1	270
Coconut	Half Gallon	2135.0	54	47	0	0	293	428	5	422	225	1	0	40	1	539
Cookie Butter	Tadpole	268.0	8	4	0	16	106	49	1	40	32	3	1	49	0	121
Cookie Butter	Small	333.0	10	5	0	19	131	60	1	49	40	3	1	61	0	151
Cookie Butter	Medium	534.0	16	8	0	31	210	96	2	79	63	5	1	98	1	241
Cookie Butter	Bullfrog	756.0	23	12	0	43	297	136	2	111	89	7	1	138	1	342
Cookie Butter	Quart	1245.0	38	19	0	71	489	224	3	183	147	12	2	227	1	562
Cookie Butter	Half Gallon	2491.0	75	38	0	141	979	448	6	365	293	23	4	454	1	1125
Cookies & Cream	Tadpole	206.0	6	3	0	16	88	39	1	32	24	3	1	53	1	143
Cookies & Cream	Small	257.0	8	4	0	19	110	48	1	40	30	3	1	66	1	178
Cookies & Cream	Medium	404.0	12	6	0	30	172	75	2	62	47	5	1	104	2	279
Cookies & Cream	Bullfrog	593.0	17	8	0	44	252	110	3	91	69	7	1	152	2	410
Cookies & Cream	Quart	1069.0	30	14	1	79	455	199	4	164	125	11	2	274	4	739
Cookies & Cream	Half Gallon	2138.0	59	27	1	157	909	397	8	328	249	22	4	548	7	1478
Cotton Candy	Tadpole	173.0	0	0	0	0	11	44	1	42	42	0	0	4	0	3
Cotton Candy	Small	215.0	0	0	0	0	13	55	1	53	53	0	0	5	0	3
Cotton Candy	Medium	382.0	0	0	0	0	23	97	1	93	93	0	0	9	0	5
Cotton Candy	Bullfrog	531.0	0	0	0	0	32	134	1	130	130	0	0	13	0	7
Cotton Candy	Quart	871.0	0	0	0	0	53	220	1	212	212	0	0	21	0	11
Cotton Candy	Half Gallon	1743.0	0	0	0	0	105	440	1	425	425	0	0	41	1	21
Horchata	Tadpole	172.0	4	2	0	12	23	36	1	31	26	2	1	38	0	91
Horchata	Small	204.0	4	3	0	14	28	42	1	37	30	2	1	45	1	108
Horchata	Medium	325.0	6	4	0	22	44	67	1	59	48	3	1	71	1	171
Horchata	Bullfrog	525.0	10	6	0	35	70	108	2	95	77	4	1	114	1	276
Horchata	Quart	833.0	16	9	0	55	111	172	2	150	122	7	2	181	1	438
Horchata	Half Gallon	1666.0	31	18	0	110	222	343	4	300	245	13	3	361	1	876
Key West Tropical	Tadpole	200.0	3	2	0	0	12	46	1	45	34	1	1	6	1	59
Key West Tropical	Small	251.0	3	3	0	0	15	58	1	56	43	1	1	8	1	74



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Key West Tropical	Medium	403.0	5	4	0	0	24	92	1	90	69	1	1	12	1	119
Key West Tropical	Bullfrog	627.0	7	6	0	0	37	143	1	140	107	1	1	19	1	185
Key West Tropical	Quart	1010.0	11	10	0	0	60	231	1	225	171	1	2	30	1	298
Key West Tropical	Half Gallon	2018.0	22	20	0	0	119	461	2	449	342	2	3	60	1	596
Lemon	Tadpole	116.0	0	0	0	0	17	30	1	29	29	0	0	4	0	9
Lemon	Small	150.0	0	0	0	0	22	39	1	38	38	0	0	5	0	12
Lemon	Medium	235.0	0	0	0	0	34	61	1	59	58	0	0	8	0	19
Lemon	Bullfrog	369.0	0	0	0	0	54	95	1	92	92	1	0	12	1	29
Lemon	Quart	594.0	0	0	0	0	86	153	1	148	147	1	0	19	1	46
Lemon	Half Gallon	1186.0	1	0	0	0	172	305	1	294	294	1	0	38	1	92
Mango	Tadpole	133.0	0	0	0	0	5	34	1	33	32	0	0	4	0	10
Mango	Small	165.0	0	0	0	0	6	42	1	41	40	1	0	5	0	12
Mango	Medium	262.0	1	0	0	0	9	66	1	64	63	1	1	8	0	19
Mango	Bullfrog	429.0	1	0	0	0	15	109	1	105	103	1	1	13	0	32
Mango	Quart	731.0	1	1	0	0	24	185	1	179	176	1	1	22	1	54
Mango	Half Gallon	1462.0	1	1	0	0	49	369	1	357	351	1	1	44	1	107
Orange Smash	Tadpole	179.0	0	0	0	0	284	45	3	24	24	0	0	3	0	5
Orange Smash	Small	218.0	0	0	0	0	347	55	4	29	29	0	0	4	0	6
Orange Smash	Medium	350.0	1	0	0	0	556	88	6	47	47	0	0	6	0	9
Orange Smash	Bullfrog	564.0	1	0	0	0	896	142	9	75	75	0	0	9	0	15
Orange Smash	Quart	945.0	1	0	0	0	1502	238	15	126	126	0	0	15	1	25
Orange Smash	Half Gallon	1889.0	1	0	0	0	3003	475	30	252	252	0	0	30	1	49
P-Nutty	Tadpole	197.0	10	2	0	0	89	27	1	24	22	5	0	13	1	104
P-Nutty	Small	244.0	12	3	0	0	110	33	2	30	28	6	0	16	1	129
P-Nutty	Medium	403.0	20	4	0	0	181	55	2	49	45	9	0	26	1	213
P-Nutty	Bullfrog	678.0	33	7	1	0	305	92	4	83	76	14	0	44	2	359
P-Nutty	Quart	1143.0	55	11	1	0	513	154	6	139	128	24	0	73	2	605
P-Nutty	Half Gallon	2284.0	110	22	1	0	1026	308	12	278	256	48	0	146	4	1208
Pina Colada	Tadpole	226.0	8	7	0	0	34	40	1	39	5	1	0	6	1	130
Pina Colada	Small	281.0	10	9	0	0	42	50	1	48	6	1	0	7	1	162
Pina Colada	Medium	460.0	16	14	0	0	69	81	1	79	10	1	0	12	1	264
Pina Colada	Bullfrog	712.0	25	22	0	0	106	126	2	121	15	1	0	18	1	409
Pina Colada	Quart	1150.0	40	36	0	0	172	203	3	196	23	2	0	28	1	661
Pina Colada	Half Gallon	2300.0	80	71	0	0	343	406	5	392	46	3	0	56	2	1322
Pumpkin	Tadpole	154.0	4	2	0	12	147	31	1	26	20	2	1	45	1	97
Pumpkin	Small	200.0	5	3	0	16	191	40	1	34	26	2	1	58	1	126
Pumpkin	Medium	304.0	7	4	0	24	290	60	2	51	39	3	1	88	1	191
Pumpkin	Bullfrog	467.0	11	6	0	37	445	93	3	78	59	4	1	135	1	293
Pumpkin	Quart	733.0	17	10	0	57	698	145	4	123	93	7	2	211	1	460
Pumpkin	Half Gallon	1465.0	33	19	0	114	1396	290	7	245	186	13	3	422	2	920
Root Beer	Tadpole	117.0	0	0	0	0	21	30	1	28	27	0	0	4	0	15



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Root Beer	Small	146.0	0	0	0	0	27	37	1	35	34	0	0	5	0	18
Root Beer	Medium	243.0	0	0	0	0	44	61	1	57	57	0	0	8	0	30
Root Beer	Bullfrog	375.0	0	0	0	0	68	94	1	88	87	0	0	12	1	46
Root Beer	Quart	600.0	0	0	0	0	109	151	1	141	140	0	0	19	1	73
Root Beer	Half Gallon	1200.0	0	0	0	0	218	301	2	282	279	0	0	38	1	147
Scoop Frog	Tadpole	157.0	4	2	0	13	35	32	1	28	22	2	1	40	0	104
Scoop Frog	Small	196.0	5	3	0	16	43	39	1	35	27	2	1	50	0	130
Scoop Frog	Medium	311.0	7	4	0	25	68	62	1	55	43	3	1	80	0	205
Scoop Frog	Bullfrog	520.0	12	7	0	42	114	103	2	92	71	4	1	133	1	343
Scoop Frog	Quart	805.0	18	11	0	64	176	160	2	142	110	7	2	206	1	532
Scoop Frog	Half Gallon	1612.0	36	21	0	128	352	319	4	283	219	13	3	411	1	1064
Sea Salt Caramel	Tadpole	156.0	4	2	0	13	391	32	1	29	23	2	1	40	0	120
Sea Salt Caramel	Small	188.0	5	3	0	15	472	38	1	35	28	2	1	48	0	145
Sea Salt Caramel	Medium	294.0	7	4	0	24	736	59	1	55	43	3	1	75	0	226
Sea Salt Caramel	Bullfrog	458.0	11	6	0	37	1147	92	2	85	66	4	1	117	1	352
Sea Salt Caramel	Quart	739.0	17	10	0	59	1852	148	2	137	107	6	2	188	1	569
Sea Salt Caramel	Half Gallon	1478.0	33	19	0	117	3703	295	4	274	213	12	3	376	1	1137
Sour Green Apple	Tadpole	112.0	0	0	0	0	7	28	0	27	27	0	0	4	0	2
Sour Green Apple	Small	142.0	0	0	0	0	8	36	0	34	34	0	0	5	0	2
Sour Green Apple	Medium	226.0	0	0	0	0	13	57	1	55	55	0	0	7	0	3
Sour Green Apple	Bullfrog	339.0	0	0	0	0	19	86	1	82	82	0	0	10	0	4
Sour Green Apple	Quart	549.0	0	0	0	0	31	139	1	132	132	0	0	16	0	7
Sour Green Apple	Half Gallon	1098.0	0	0	0	0	61	277	1	264	264	0	0	32	0	13
Strawberry	Tadpole	129.0	0	0	0	0	12	34	1	33	31	1	0	5	1	16
Strawberry	Small	155.0	0	0	0	0	15	40	1	39	37	1	0	6	1	19
Strawberry	Medium	251.0	0	0	0	0	23	65	1	63	59	1	0	10	1	31
Strawberry	Bullfrog	375.0	0	0	0	0	35	96	1	94	88	1	0	14	1	46
Strawberry	Quart	644.0	1	0	0	0	59	165	2	161	152	1	0	24	1	79
Strawberry	Half Gallon	1288.0	1	0	0	0	118	330	3	321	303	1	0	48	1	157
Strawberry Lemon	Tadpole	124.0	0	0	0	0	30	31	0	30	30	0	0	4	0	3
Strawberry Lemon	Small	137.0	0	0	0	0	13	35	1	34	32	1	0	6	1	17
Strawberry Lemon	Medium	255.0	0	0	0	0	62	65	1	62	62	0	0	7	0	6
Strawberry Lemon	Bullfrog	386.0	0	0	0	0	93	98	1	94	94	0	0	10	0	9
Strawberry Lemon	Quart	618.0	0	0	0	0	149	156	1	151	150	0	0	16	0	15
Strawberry Lemon	Half Gallon	1237.0	0	0	0	0	298	312	1	301	300	0	0	32	1	29
Sugar-Free Cherry	Tadpole	101.0	0	0	0	0	14	26	1	12	12	0	0	5	0	3
Sugar-Free Cherry	Small	130.0	0	0	0	0	18	33	1	15	15	0	0	6	0	4
Sugar-Free Cherry	Medium	211.0	0	0	0	0	29	54	1	24	24	0	0	9	0	6
Sugar-Free Cherry	Bullfrog	314.0	0	0	0	0	43	80	1	36	36	0	0	13	1	9
Sugar-Free Cherry	Quart	517.0	0	0	0	0	71	132	1	59	59	0	0	22	1	15
Sugar-Free Cherry	Half Gallon	1033.0	0	0	0	0	141	263	2	118	117	0	0	43	1	29



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Sugar-Free Mango	Tadpole	307.0	0	0	0	0	28	81	1	1	0	0	0	3	1	18
Sugar-Free Mango	Small	398.0	0	0	0	0	36	104	1	1	0	0	0	4	1	24
Sugar-Free Mango	Medium	644.0	0	0	0	0	58	169	1	1	0	1	0	7	1	38
Sugar-Free Mango	Bullfrog	961.0	0	0	0	0	86	252	2	1	0	1	0	10	1	57
Sugar-Free Mango	Quart	1581.0	0	0	0	0	141	414	3	2	0	1	0	16	1	93
Sugar-Free Mango	Half Gallon	3162.0	0	0	0	0	283	828	5	3	0	1	0	32	1	186
Sugar-Free Strawberry	Tadpole	306.0	0	0	0	0	28	80	1	1	0	0	0	3	1	15
Sugar-Free Strawberry	Small	397.0	0	0	0	0	36	104	1	1	0	0	0	4	1	19
Sugar-Free Strawberry	Medium	643.0	0	0	0	0	58	169	1	1	0	1	0	7	1	31
Sugar-Free Strawberry	Bullfrog	958.0	0	0	0	0	86	251	2	1	0	1	0	10	1	46
Sugar-Free Strawberry	Quart	1577.0	0	0	0	0	142	413	3	2	0	1	0	16	1	76
Sugar-Free Strawberry	Half Gallon	3154.0	0	0	0	0	283	826	5	3	0	1	0	31	1	151
Watermelon	Tadpole	107.0	0	0	0	0	7	27	0	27	27	0	0	3	0	2
Watermelon	Small	135.0	0	0	0	0	8	34	0	34	34	0	0	4	0	2
Watermelon	Medium	225.0	0	0	0	0	14	57	1	56	56	0	0	6	0	3
Watermelon	Bullfrog	356.0	0	0	0	0	21	90	1	88	88	0	0	10	0	4
Watermelon	Quart	549.0	0	0	0	0	32	139	1	135	135	0	0	15	0	6
Watermelon	Half Gallon	1096.0	0	0	0	0	64	277	1	269	269	0	0	29	0	12

## JELATI

Bahama Freeze Jelati	Tadpole	282	10	7	0	25	62	48	1	44	19	3	1	77	0	232
Bahama Freeze Jelati	Small	368	14	10	0	38	87	60	1	55	22	4	1	116	1	339
Bahama Freeze Jelati	Medium	562	23	15	0	67	142	87	2	78	27	7	2	205	1	580
Bahama Freeze Jelati	Bullfrog	850	33	22	0	87	200	137	3	126	49	9	3	270	1	788
Bahama Freeze Jelati	Quart	1365	52	34	0	134	316	223	4	205	82	13	4	417	1	1229
Black Cherry Jelati	Tadpole	186	6	4	0	20	44	33	1	30	20	2	1	63	0	169
Black Cherry Jelati	Small	295	10	6	0	36	74	50	1	45	26	4	1	113	1	299
Black Cherry Jelati	Medium	445	17	10	0	61	119	70	2	62	31	6	2	189	1	500
Black Cherry Jelati	Bullfrog	661	23	13	0	81	167	110	3	99	57	8	2	254	1	675
Black Cherry Jelati	Quart	995	33	19	0	118	247	169	4	152	90	12	3	371	1	988
Black Raspberry Jelati	Tadpole	193	6	4	0	22	44	34	1	31	20	3	1	69	0	177
Black Raspberry Jelati	Small	270	10	6	0	35	66	45	1	40	23	4	1	107	1	276
Black Raspberry Jelati	Medium	435	18	10	0	62	115	68	2	60	29	6	2	191	1	494
Black Raspberry Jelati	Bullfrog	608	22	13	0	78	150	101	3	90	51	8	2	244	1	629
Black Raspberry Jelati	Quart	1016	36	21	0	126	246	171	4	154	90	13	3	396	1	1020
Blue Razz Jelati	Tadpole	370	6	4	0	20	49	79	1	76	67	2	1	59	0	154
Blue Razz Jelati	Small	463	9	5	0	30	69	96	1	91	76	3	1	92	0	238
Blue Razz Jelati	Medium	740	17	10	0	60	126	145	2	136	106	6	2	183	1	474
Blue Razz Jelati	Bullfrog	1080	20	12	0	71	161	222	2	211	175	7	2	216	1	562
Blue Razz Jelati	Quart	1571	28	16	0	98	227	326	3	311	262	10	3	297	1	772
Caffe Latte Jelati	Tadpole	162	7	4	0	23	40	26	1	24	12	3	1	70	0	178
Caffe Latte Jelati	Small	223	10	6	0	33	57	35	1	31	15	4	1	101	1	259



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Caffe Latte Jelati	Medium	355	16	9	0	56	96	52	2	46	18	6	2	171	1	439
Caffe Latte Jelati	Bullfrog	522	22	13	0	77	134	80	2	71	33	8	2	238	1	609
Caffe Latte Jelati	Quart	789	32	19	0	115	200	122	3	109	52	11	3	354	1	906
Cake Batter Jelati	Tadpole	270	9	5	0	24	246	48	1	39	18	3	1	75	1	193
Cake Batter Jelati	Small	362	13	8	0	37	302	62	2	50	21	5	1	116	1	300
Cake Batter Jelati	Medium	579	22	13	0	69	429	94	3	76	27	8	2	215	1	555
Cake Batter Jelati	Bullfrog	809	28	16	0	83	669	138	3	112	46	10	2	263	2	679
Cake Batter Jelati	Quart	1357	45	26	1	133	1152	234	5	190	80	16	4	424	3	1094
Cherry Jelati	Tadpole	181	5	3	0	17	33	35	1	29	21	2	1	53	0	133
Cherry Jelati	Small	249	8	5	0	27	51	45	1	38	25	3	1	83	0	211
Cherry Jelati	Medium	375	13	8	0	47	86	63	2	53	30	5	2	145	1	370
Cherry Jelati	Bullfrog	586	18	11	0	64	121	105	2	88	57	7	2	199	1	507
Cherry Jelati	Quart	936	28	16	0	98	187	170	3	143	94	10	3	306	1	778
Chocolate Ice Jelati	Tadpole	216	11	6	0	25	48	32	2	27	8	4	1	82	1	233
Chocolate Ice Jelati	Small	299	15	9	0	39	72	42	2	36	9	5	1	124	1	347
Chocolate Ice Jelati	Medium	476	24	14	0	68	123	65	3	55	11	8	2	216	1	591
Chocolate Ice Jelati	Bullfrog	649	32	19	0	84	157	91	5	77	19	11	2	271	1	757
Chocolate Ice Jelati	Quart	1156	56	33	0	145	273	164	8	139	36	18	4	471	2	1323
Coconut Jelati	Tadpole	266	11	7	0	24	59	44	1	41	16	3	1	73	0	220
Coconut Jelati	Small	374	16	10	0	39	89	59	2	54	19	4	1	120	1	347
Coconut Jelati	Medium	573	25	16	0	69	145	86	3	78	24	7	2	211	1	595
Coconut Jelati	Bullfrog	831	34	23	0	86	198	131	4	120	41	9	2	268	1	778
Coconut Jelati	Quart	1386	56	37	0	138	325	220	5	203	72	14	4	430	1	1258
Cookie Butter Jelati	Tadpole	315	13	7	0	35	116	50	2	41	24	4	1	106	1	272
Cookie Butter Jelati	Small	415	17	10	0	50	151	64	2	52	27	6	2	152	1	391
Cookie Butter Jelati	Medium	610	27	15	0	80	218	90	3	73	33	9	2	246	1	633
Cookie Butter Jelati	Bullfrog	856	36	20	0	103	311	130	4	106	55	12	3	316	1	812
Cookie Butter Jelati	Quart	1403	57	31	0	164	511	215	5	176	93	19	4	505	1	1298
Cookies & Cream Jelati	Tadpole	256	10	6	0	32	99	41	2	34	18	4	1	101	1	266
Cookies & Cream Jelati	Small	343	14	8	0	46	130	53	2	43	21	5	2	144	1	379
Cookies & Cream Jelati	Medium	500	22	12	0	72	184	74	3	61	25	8	2	225	1	590
Cookies & Cream Jelati	Bullfrog	718	30	16	0	96	271	110	4	90	43	11	3	302	2	796
Cookies & Cream Jelati	Quart	1288	52	28	0	168	488	199	6	163	80	19	4	533	3	1404
Cotton Candy Jelati	Tadpole	254	7	4	0	25	49	47	1	44	31	3	1	78	0	197
Cotton Candy Jelati	Small	346	11	7	0	39	74	61	2	55	36	4	1	121	1	308
Cotton Candy Jelati	Medium	589	21	13	0	76	139	97	3	87	49	8	2	234	1	599
Cotton Candy Jelati	Bullfrog	778	25	15	0	88	168	136	3	123	80	9	3	275	1	699
Cotton Candy Jelati	Quart	1257	39	22	0	137	264	224	4	203	135	14	4	428	1	1088
Horchata Jelati	Tadpole	222	8	5	0	27	48	38	1	32	19	3	1	84	1	213
Horchata Jelati	Small	284	11	6	0	38	66	46	1	39	21	4	1	116	1	295
Horchata Jelati	Medium	422	17	10	0	61	105	65	2	55	25	6	2	186	1	476



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Horchata Jelati	Bullfrog	664	25	14	0	88	155	107	3	91	48	9	3	271	1	694
Horchata Jelati	Quart	1042	38	22	0	135	238	170	4	145	78	14	4	417	1	1066
Key West Tropical Jelati	Tadpole	271	9	6	0	25	50	49	1	45	25	3	1	78	1	235
Key West Tropical Jelati	Small	372	13	8	0	39	76	63	2	58	29	4	2	124	1	359
Key West Tropical Jelati	Medium	565	22	13	0	69	128	91	2	82	36	7	2	215	1	605
Key West Tropical Jelati	Bullfrog	847	30	18	0	90	174	143	3	131	66	9	3	284	1	824
Key West Tropical Jelati	Quart	1345	45	28	0	137	268	230	4	211	109	14	4	434	1	1271
Lemon Jelati	Tadpole	179	6	3	0	19	43	33	1	30	21	2	1	58	0	151
Lemon Jelati	Small	255	9	5	0	30	65	45	1	41	26	3	1	93	1	242
Lemon Jelati	Medium	385	15	9	0	51	104	63	2	56	31	5	2	158	1	411
Lemon Jelati	Bullfrog	571	19	11	0	68	146	100	2	90	56	7	2	211	1	548
Lemon Jelati	Quart	903	29	17	0	103	227	160	3	145	93	10	3	323	1	838
Mango Jelati	Tadpole	205	6	4	0	21	39	38	1	35	24	2	1	67	0	172
Mango Jelati	Small	283	10	6	0	33	60	49	1	44	27	4	1	104	1	269
Mango Jelati	Medium	432	16	10	0	58	101	70	2	62	33	6	2	178	1	463
Mango Jelati	Bullfrog	669	22	13	0	79	142	115	3	104	63	8	2	247	1	642
Mango Jelati	Quart	1119	36	21	0	128	230	195	4	177	112	13	4	400	1	1040
Orange Smash Jelati	Tadpole	221	5	3	0	18	237	44	3	27	18	2	1	55	0	142
Orange Smash Jelati	Small	289	8	5	0	28	282	54	3	34	20	3	1	85	0	220
Orange Smash Jelati	Medium	432	14	8	0	49	373	76	5	49	25	5	2	149	1	386
Orange Smash Jelati	Bullfrog	680	19	11	0	65	659	127	7	79	46	7	2	202	1	521
Orange Smash Jelati	Quart	1130	29	17	0	104	1125	214	12	132	80	10	3	322	1	830
P-Nutty Jelati	Tadpole	248	13	5	0	21	99	32	2	28	17	5	1	71	1	235
P-Nutty Jelati	Small	329	17	7	0	32	128	42	2	36	19	7	1	106	1	337
P-Nutty Jelati	Medium	508	27	12	0	58	192	64	3	55	24	10	2	189	1	567
P-Nutty Jelati	Bullfrog	833	43	17	0	82	323	106	5	91	47	17	2	273	1	861
P-Nutty Jelati	Quart	1392	71	28	1	130	544	177	7	153	81	28	3	439	2	1408
Pina Colada Jelati	Tadpole	284	13	9	0	24	64	44	1	40	4	3	1	75	1	278
Pina Colada Jelati	Small	380	17	12	0	37	90	57	2	51	4	4	1	115	1	399
Pina Colada Jelati	Medium	576	27	18	0	66	146	83	3	74	5	7	2	204	1	654
Pina Colada Jelati	Bullfrog	872	39	27	0	85	208	129	4	117	9	9	2	267	1	919
Pina Colada Jelati	Quart	1397	62	43	0	130	327	208	5	189	15	14	3	411	1	1444
Pumpkin Jelati	Tadpole	202	8	5	0	27	137	33	1	28	15	3	1	86	1	209
Pumpkin Jelati	Small	284	11	7	0	40	178	45	2	37	18	4	1	127	1	313
Pumpkin Jelati	Medium	408	17	10	0	61	233	61	2	51	21	6	2	192	1	481
Pumpkin Jelati	Bullfrog	604	24	14	0	84	377	95	3	79	37	9	2	270	1	668
Pumpkin Jelati	Quart	940	36	21	0	129	599	149	5	124	59	13	3	414	1	1020
Root Beer Jelati	Tadpole	198	7	4	0	22	53	35	1	31	20	3	1	70	0	184
Root Beer Jelati	Small	279	10	6	0	35	77	47	2	41	23	4	1	109	1	288
Root Beer Jelati	Medium	453	18	11	0	64	130	71	2	62	30	7	2	196	1	516
Root Beer Jelati	Bullfrog	653	23	14	0	83	180	108	3	95	54	8	2	257	1	678



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Root Beer Jelati	Quart	1025	35	20	0	125	280	172	4	152	89	12	3	392	1	1035
Scoop Frog Jelati	Tadpole	207	8	5	0	27	55	34	1	29	16	3	1	84	0	217
Scoop Frog Jelati	Small	280	11	7	0	39	77	44	2	38	19	4	1	121	1	313
Scoop Frog Jelati	Medium	417	18	10	0	63	119	63	2	54	23	6	2	191	1	497
Scoop Frog Jelati	Bullfrog	674	27	16	0	95	186	106	3	91	44	10	3	291	1	756
Scoop Frog Jelati	Quart	1034	40	23	0	143	283	164	4	141	70	14	4	439	1	1141
Sea Salt Caramel Jelati	Tadpole	203	8	5	0	27	312	34	1	30	17	3	1	82	0	225
Sea Salt Caramel Jelati	Small	267	11	6	0	37	367	42	1	38	19	4	1	115	1	312
Sea Salt Caramel Jelati	Medium	390	17	10	0	58	462	59	2	52	23	6	2	178	1	481
Sea Salt Caramel Jelati	Bullfrog	589	23	14	0	82	803	93	3	82	41	8	2	253	1	689
Sea Salt Caramel Jelati	Quart	942	36	21	0	129	1331	150	4	133	68	13	3	398	1	1086
Sour Green Apple Jelati	Tadpole	183	6	4	0	20	38	33	1	30	20	2	1	63	0	157
Sour Green Apple Jelati	Small	260	9	6	0	32	59	44	1	39	24	4	1	100	0	253
Sour Green Apple Jelati	Medium	407	16	9	0	57	101	64	2	57	29	6	2	174	1	445
Sour Green Apple Jelati	Bullfrog	573	20	12	0	71	131	96	2	86	50	7	2	221	1	563
Sour Green Apple Jelati	Quart	908	31	18	0	109	203	155	3	138	84	11	3	340	1	864
Strawberry Jelati	Tadpole	208	7	4	0	22	46	38	1	35	23	3	1	71	1	186
Strawberry Jelati	Small	277	10	6	0	34	66	48	2	43	25	4	1	105	1	277
Strawberry Jelati	Medium	438	17	10	0	60	112	71	2	63	31	6	2	186	1	487
Strawberry Jelati	Bullfrog	614	21	12	0	75	147	105	3	95	54	8	2	235	1	618
Strawberry Jelati	Quart	1035	34	20	0	122	242	179	4	163	96	12	3	385	1	1011
Strawberry Lemon Jelati	Tadpole	185	6	3	0	19	53	34	1	31	22	2	1	59	0	149
Strawberry Lemon Jelati	Small	257	9	5	0	30	75	45	1	41	26	3	1	93	0	236
Strawberry Lemon Jelati	Medium	408	15	9	0	54	122	67	2	59	33	6	2	166	1	426
Strawberry Lemon Jelati	Bullfrog	587	19	11	0	69	172	102	2	92	58	7	2	213	1	545
Strawberry Lemon Jelati	Quart	927	29	17	0	104	270	163	3	148	96	10	3	325	1	830
Sugar-Free Cherry Jelati	Tadpole	183	6	4	0	22	46	32	1	19	9	2	1	68	0	170
Sugar-Free Cherry Jelati	Small	268	10	6	0	35	71	44	1	28	10	4	1	110	1	278
Sugar-Free Cherry Jelati	Medium	432	18	10	0	63	121	67	2	44	13	6	2	195	1	498
Sugar-Free Cherry Jelati	Bullfrog	594	22	13	0	79	158	97	3	61	22	8	2	245	1	623
Sugar-Free Cherry Jelati	Quart	956	34	20	0	122	250	158	4	99	38	12	3	384	1	974
Sugar-Free Mango Jelati	Tadpole	333	6	4	0	22	56	72	1	11	0	3	1	67	1	181
Sugar-Free Mango Jelati	Small	450	10	6	0	35	83	92	2	18	0	4	1	109	1	292
Sugar-Free Mango Jelati	Medium	660	18	10	0	63	136	127	3	32	0	7	2	193	1	514
Sugar-Free Mango Jelati	Bullfrog	990	22	13	0	79	184	202	3	40	0	8	2	243	1	652
Sugar-Free Mango Jelati	Quart	1633	34	20	0	122	295	338	5	62	0	12	3	380	1	1024
Sugar-Free Strawberry Jelati	Tadpole	333	6	4	0	22	56	72	1	11	0	3	1	67	1	179
Sugar-Free Strawberry Jelati	Small	449	10	6	0	35	83	92	2	18	0	4	1	109	1	289
Sugar-Free Strawberry Jelati	Medium	659	18	10	0	63	136	127	3	32	0	7	2	193	1	511
Sugar-Free Strawberry Jelati	Bullfrog	989	22	13	0	79	184	202	3	40	0	8	2	243	1	645
Sugar-Free Strawberry Jelati	Quart	1630	34	20	0	122	295	337	5	62	0	12	3	380	1	1013



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Watermelon Jelati	Tadpole	166	5	3	0	18	34	31	1	28	20	2	1	54	0	136
Watermelon Jelati	Small	231	8	5	0	27	51	40	1	37	23	3	1	84	0	214
Watermelon Jelati	Medium	374	14	8	0	50	91	61	2	54	29	5	2	154	1	394
Watermelon Jelati	Bullfrog	558	19	11	0	66	124	96	2	87	54	7	2	206	1	524
Watermelon Jelati	Quart	843	27	16	0	97	183	147	3	134	86	10	3	301	1	765
<b>FLAVORITES</b>																
Birthday Cake	Tadpole	293	10	7	0	20	206	52	1	44	26	3	1	63	1	162
Birthday Cake	Small	361	13	9	0	30	245	62	1	52	28	4	1	95	1	243
Birthday Cake	Medium	568	21	14	1	51	357	94	2	80	42	6	2	160	1	412
Birthday Cake	Bullfrog	887	30	20	1	69	613	153	3	129	72	9	2	220	2	567
Blue Razz Crunch	Tadpole	422	6	4	0	20	50	93	1	89	79	2	1	59	1	154
Blue Razz Crunch	Small	557	9	5	0	30	70	119	1	114	99	3	1	91	1	235
Blue Razz Crunch	Medium	751	15	9	0	51	110	154	2	146	121	5	2	154	1	399
Blue Razz Crunch	Bullfrog	1280	20	11	0	69	164	273	2	261	227	7	2	210	1	544
Candy Bar	Tadpole	325	16	8	0	23	180	46	3	39	17	6	1	81	1	292
Candy Bar	Small	456	21	12	0	40	386	69	4	59	24	7	1	132	1	439
Candy Bar	Medium	634	32	17	0	57	338	89	5	75	23	11	2	192	2	638
Candy Bar	Bullfrog	973	47	25	0	82	619	139	7	119	45	16	2	278	2	939
Caramel Apple	Tadpole	283	12	7	0	23	141	47	2	41	19	4	1	76	1	242
Caramel Apple	Small	386	18	11	0	35	211	60	3	51	19	6	1	115	1	366
Caramel Apple	Medium	592	28	17	0	57	298	89	5	76	25	9	2	187	2	588
Caramel Apple	Bullfrog	892	38	23	0	82	542	140	6	121	50	12	2	269	2	842
Frosted Animal Cracker	Tadpole	337	11	7	0	24	68	61	1	55	44	3	1	75	0	187
Frosted Animal Cracker	Small	403	15	9	0	36	98	68	2	60	42	4	1	112	1	285
Frosted Animal Cracker	Medium	613	23	15	0	59	149	100	2	89	59	7	2	182	1	466
Frosted Animal Cracker	Bullfrog	1012	35	22	1	86	243	173	3	153	110	10	2	266	1	677
Orange Mango Tango	Tadpole	285	9	6	0	20	114	53	2	44	34	2	1	62	0	159
Orange Mango Tango	Small	345	11	8	0	30	169	61	2	48	34	3	1	93	1	240
Orange Mango Tango	Medium	537	19	13	0	51	244	92	3	73	48	5	2	157	1	406
Orange Mango Tango	Bullfrog	860	26	18	1	69	433	155	5	122	88	7	2	216	1	557
Oreo Mud Pie	Tadpole	299	12	6	0	30	134	47	2	37	22	4	1	99	1	267
Oreo Mud Pie	Small	393	17	8	0	42	176	60	2	47	26	6	1	137	2	367
Oreo Mud Pie	Medium	612	26	13	0	67	273	92	3	71	37	9	2	219	2	589
Oreo Mud Pie	Bullfrog	933	38	18	0	99	413	144	5	112	63	12	3	325	3	873
PB&J	Tadpole	264	10	5	0	20	101	43	1	36	25	4	1	64	1	186
PB&J	Small	331	14	7	0	30	129	52	2	42	26	5	1	95	1	267
PB&J	Medium	534	24	11	0	51	222	78	3	62	35	8	2	162	1	457
PB&J	Bullfrog	838	35	16	0	69	341	126	4	103	65	13	2	225	1	657
Peanut Butter Cup	Tadpole	326	18	8	0	20	95	43	3	37	16	6	1	73	1	282
Peanut Butter Cup	Small	438	24	11	0	30	120	58	4	49	18	8	1	107	2	399
Peanut Butter Cup	Medium	672	36	18	0	51	182	88	6	74	25	13	2	178	2	638



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**JEREMIAH'S ITALIAN ICE® NUTRITION GUIDE**

	Size	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Peanut Butter Cup	Bullfrog	1015	54	25	0	69	293	134	8	113	45	19	2	249	3	921
S'more	Tadpole	289	12	7	0	24	107	45	2	35	19	4	1	77	1	214
S'more	Small	377	16	9	0	36	149	57	2	44	23	5	1	114	1	304
S'more	Medium	584	26	14	0	59	236	87	3	66	32	8	2	185	1	492
S'more	Bullfrog	940	40	22	0	86	369	144	5	111	59	13	2	271	1	729
Strawberry Shortcake	Tadpole	271	9	5	0	20	154	49	1	40	26	3	1	63	1	165
Strawberry Shortcake	Small	350	12	7	0	30	218	60	2	47	27	4	1	95	1	245
Strawberry Shortcake	Medium	547	20	11	0	51	328	90	2	70	37	7	2	159	1	414
Strawberry Shortcake	Bullfrog	865	29	16	0	69	553	149	3	119	69	10	2	220	1	573
Sugar Cookie	Tadpole	348	12	8	0	24	210	61	1	51	33	3	1	76	1	193
Sugar Cookie	Small	412	16	10	0	36	206	68	2	57	34	5	1	113	1	289
Sugar Cookie	Medium	624	24	15	1	59	291	100	2	85	49	7	2	184	1	472
Sugar Cookie	Bullfrog	1034	38	24	1	86	528	172	3	145	89	11	2	269	1	689
The Grasshopper	Tadpole	299	12	6	0	31	117	48	2	39	24	4	1	99	1	265
The Grasshopper	Small	382	16	8	0	41	158	59	2	46	26	5	1	134	1	357
The Grasshopper	Medium	587	25	12	0	66	244	88	3	69	36	8	2	213	2	569
The Grasshopper	Bullfrog	920	37	18	0	99	371	144	5	114	64	12	3	321	3	858

**SOFT ICE CREAM**

Chocolate - Cake Cone	Small	390	21	13	0	76	128	47	2	38	0	8	2	229	1	595
Chocolate - Cake Cone	Medium	722	39	23	0	140	236	86	4	70	0	14	4	424	1	1105
Chocolate - Cake Cone - Sprinkles	Small	472	25	15	0	76	128	61	2	51	14	8	2	229	1	595
Chocolate - Cake Cone - Sprinkles	Medium	804	43	26	0	140	237	100	4	84	14	14	4	424	1	1105
Chocolate - Waffle Cone	Small	533	25	14	0	86	185	74	3	49	0	10	2	263	1	680
Chocolate - Waffle Cone	Medium	644	31	18	0	108	221	87	3	60	0	12	3	328	1	850
Chocolate - Waffle Cone - Sprinkles	Small	615	28	17	0	86	186	88	3	63	14	10	2	263	1	680
Chocolate - Waffle Cone - Sprinkles	Medium	726	34	21	0	108	222	101	3	73	14	12	3	328	1	850
Chocolate - Cup	Tadpole	443	24	14	0	86	145	53	3	43	0	9	2	261	1	680
Chocolate - Cup	Small	554	30	18	0	108	181	66	3	54	0	11	3	326	1	850
Chocolate - Cup	Medium	830	45	26	0	162	271	99	5	81	0	16	4	489	1	1274
Chocolate - Cup	Bullfrog	1273	69	40	0	248	416	152	7	124	0	24	6	750	1	1953
Chocolate - Cup	Quart	1660	90	52	0	323	542	198	9	161	0	31	8	978	1	2548
Chocolate - Cup - Sprinkles	Tadpole	524	27	17	1	76	128	69	2	60	23	8	2	229	1	595
Chocolate - Cup - Sprinkles	Small	717	35	24	1	86	147	99	3	88	45	9	2	261	1	680
Chocolate - Cup - Sprinkles	Medium	1130	56	38	1	140	238	155	4	137	68	14	4	425	1	1104
Chocolate - Cup - Sprinkles	Bullfrog	1599	79	53	1	205	348	217	6	192	90	20	5	620	1	1614
Chocolate - Cup - Sprinkles	Quart	2315	114	76	1	290	494	315	8	279	135	29	7	881	1	2293
Swirl - Cake Cone	Small	390	21	13	0	76	128	47	2	38	0	8	2	229	1	595
Swirl - Cake Cone	Medium	722	39	23	0	140	236	86	4	70	0	14	4	424	1	1105
Swirl - Cake Cone - Sprinkles	Small	472	25	15	0	76	128	61	2	51	14	8	2	229	1	595
Swirl - Cake Cone - Sprinkles	Medium	804	43	26	0	140	237	100	4	84	14	14	4	424	1	1105



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	Size	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Swirl - Waffle Cone	Small	533	25	14	0	86	185	74	3	49	0	10	2	263	1	680
Swirl - Waffle Cone	Medium	699	34	19	0	119	239	94	4	65	0	13	3	361	1	934
Swirl - Waffle Cone - Sprinkles	Small	615	28	17	0	86	186	88	3	63	14	10	2	263	1	680
Swirl - Waffle Cone - Sprinkles	Medium	781	37	22	0	119	240	107	4	79	14	13	3	361	1	934
Swirl - Cup	Tadpole	443	24	14	0	86	145	53	3	43	0	9	2	261	1	680
Swirl - Cup	Small	553	30	18	0	108	181	66	3	54	0	11	3	326	1	850
Swirl - Cup	Medium	830	45	26	0	162	271	99	5	81	0	16	4	489	1	1274
Swirl - Cup	Bullfrog	1272	69	40	0	248	416	152	7	124	0	24	6	750	1	1953
Swirl - Cup	Quart	1659	90	52	0	323	542	198	9	161	0	31	8	978	1	2548
Swirl - Cup - Sprinkles	Tadpole	524	27	17	1	76	128	69	2	60	23	8	2	229	1	595
Swirl - Cup - Sprinkles	Small	717	35	24	1	86	147	99	3	88	45	9	2	261	1	680
Swirl - Cup - Sprinkles	Medium	1130	56	38	1	140	238	155	4	137	68	14	4	425	1	1104
Swirl - Cup - Sprinkles	Bullfrog	1599	79	53	1	205	348	217	6	192	90	20	5	620	1	1614
Swirl - Cup - Sprinkles	Quart	2315	114	76	1	290	494	315	8	279	135	29	7	881	1	2293
Vanilla - Cake Cone	Small	390	21	13	0	76	128	47	2	38	0	8	2	229	1	595
Vanilla - Cake Cone	Medium	722	39	23	0	140	236	86	4	70	0	14	4	424	1	1105
Vanilla - Cake Cone - Sprinkles	Small	472	25	15	0	76	128	61	2	51	14	8	2	229	1	595
Vanilla - Cake Cone - Sprinkles	Medium	804	43	26	0	140	237	100	4	84	14	14	4	424	1	1105
Vanilla - Waffle Cone	Small	533	25	14	0	86	185	74	3	49	0	10	2	263	1	680
Vanilla - Waffle Cone	Medium	643	31	18	0	108	221	87	3	60	0	12	3	328	1	850
Vanilla - Waffle Cone - Sprinkles	Small	615	28	17	0	86	186	88	3	63	14	10	2	263	1	680
Vanilla - Waffle Cone - Sprinkles	Medium	725	34	21	0	108	222	101	3	73	14	12	3	328	1	850
Vanilla - Cup	Tadpole	443	24	14	0	86	145	53	3	43	0	9	2	261	1	680
Vanilla - Cup	Small	553	30	18	0	108	181	66	3	54	0	11	3	326	1	850
Vanilla - Cup	Medium	830	45	26	0	162	271	99	5	81	0	16	4	489	1	1274
Vanilla - Cup	Bullfrog	1272	69	40	0	248	416	152	7	124	0	24	6	750	1	1953
Vanilla - Cup	Quart	1659	90	52	0	323	542	198	9	161	0	31	8	978	1	2548
Vanilla - Cup - Sprinkles	Tadpole	524	27	17	1	76	128	69	2	60	23	8	2	229	1	595
Vanilla - Cup - Sprinkles	Small	716	35	24	1	86	147	99	3	88	45	9	2	261	1	680
Vanilla - Cup - Sprinkles	Medium	1129	56	38	1	140	238	155	4	137	68	14	4	425	1	1104
Vanilla - Cup - Sprinkles	Bullfrog	1598	79	53	1	205	348	217	6	192	90	20	5	620	1	1614
<b>LAYER-INS</b>																
Chocolate Chip Layer-In	Tadpole	89	6	4	0	0	0	13	2	11	0	2	0	5	1	57
Chocolate Chip Layer-In	Small	131	8	5	0	0	0	19	2	15	0	2	0	8	1	83
Chocolate Chip Layer-In	Medium	196	12	7	0	0	0	28	3	23	0	3	0	12	2	125
Chocolate Chip Layer-In	Bullfrog	266	16	10	0	0	0	38	4	31	0	4	0	15	2	169
Chocolate Chip Layer-In	Quart	532	31	19	0	0	0	76	8	61	0	8	0	31	4	338
Cookie Butter Crumble Layer-In	Tadpole	53	3	1	0	0	41	8	1	5	5	1	0	0	0	0
Cookie Butter Crumble Layer-In	Small	68	3	2	0	0	52	11	1	6	6	1	0	0	0	0
Cookie Butter Crumble Layer-In	Medium	116	5	2	0	0	89	18	1	10	9	2	0	0	0	0
Cookie Butter Crumble Layer-In	Bullfrog	168	7	3	0	0	130	26	1	14	13	2	0	0	0	0



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Cookie Butter Crumble Layer-In	Quart	336	14	6	0	0	259	52	1	27	26	4	0	0	0	0
Nerds Layer-In	Tadpole	53	0	0	0	0	1	14	0	13	13	0	0	1	1	0
Nerds Layer-In	Small	102	0	0	0	0	2	26	0	25	25	0	0	1	1	0
Nerds Layer-In	Medium	90	0	0	0	0	2	23	0	22	22	0	0	1	1	0
Nerds Layer-In	Bullfrog	150	0	0	0	0	3	38	0	37	37	0	0	1	1	0
Nerds Layer-In	Quart	300	0	0	0	0	6	76	0	73	73	0	0	1	1	0
Oreo Layer-In	Tadpole	58	3	1	0	0	42	9	1	5	5	1	0	5	1	17
Oreo Layer-In	Small	83	4	1	0	0	59	13	1	7	7	1	0	6	1	24
Oreo Layer-In	Medium	131	6	2	0	0	94	20	1	12	12	1	0	10	2	38
Oreo Layer-In	Bullfrog	174	8	2	0	0	125	27	2	15	15	2	0	13	2	50
Oreo Layer-In	Quart	348	15	4	0	0	249	53	3	30	30	3	0	25	3	100
Rainbow Sprinkles Layer-In	Tadpole	68	3	3	0	0	1	12	0	12	12	0	0	1	0	0
Rainbow Sprinkles Layer-In	Small	68	3	3	0	0	1	12	0	12	12	0	0	1	0	0
Rainbow Sprinkles Layer-In	Medium	111	5	4	0	0	1	19	0	19	19	0	0	1	0	0
Rainbow Sprinkles Layer-In	Bullfrog	174	7	7	1	0	2	30	0	29	29	1	0	1	0	0
Rainbow Sprinkles Layer-In	Quart	348	14	13	1	0	3	59	0	57	57	1	0	1	0	0
<b>OREO ICE CREAM SANDWICHES</b>																
Oreo Sandwich - Classic	Single	240	10	4	0	20	202	36	2	19	9	4	1	73	2	221
Oreo Sandwich - Sprinkles	Single	262	11	5	0	20	202	39	2	23	13	4	1	73	2	221
Oreo Sandwich - Chocolate Chips	Single	283	13	6	0	20	202	42	2	24	9	5	1	75	3	249
Jeremiah's Oreo Sandwich	6-Pack	1440 - 1693	59 - 74	22 - 32	0	119 - 119	1210 - 1211	211 - 249	9 - 12	114 - 144	54 - 77	23 - 27	3	435 - 450	11 - 13	1323 - 1489
<b>JELATI CAKES</b>																
Birthday Jelati Cake	1 Cake (8-10 servings)	3831.1	153.5	103.6	0.5	354.5	2044.6	601.2	10.7	512.4	268.1	38.6	8.3	1107.2	4.3	2870.2
Oreo Mud Pie Jelati Cake	1 Cake (8-10 servings)	3657.1	162.9	78.2	0.1	423.6	1632.6	525.3	18.3	397.6	186.1	50.1	10	1380	11	3708.2
Sunshine Jelati Cake	1 Cake (8-10 servings)	3111	134.4	89.3	0.4	354.5	625.8	465.4	9.8	419	238.9	34.6	8.4	1089.2	0.7	2838.9
Strawberry Shortcake Jelati Cake	1 Cake (8-10 servings)	4643.6	166.8	94.1	0.4	354.5	5963.1	751.4	15.2	509.6	98.3	55.5	8.3	1130.3	13.2	3033.1

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