



The information for these flavors is based on 1/2 cup serving and the percent daily values on a 2000 calorie diet.

Flavors	calories	calories/fat	total fat	sat. fat	trans fat	cholesterol	sodium	carbs	dietary fiber	sugars	protein	vitamin A	vitamin C	calcium	iron
			g/%	g/%		mg/%	mg/%	g/%	g/%	g	g	%	%	%	%
Cedar Creek Vanilla 3 Gal.	120	60	6/9	4.5/23	0	20/7	65/3	15/5	0/0	15	2	4	0	6	2
Cedar Creek Choc. 3 Gal.	110	45	5/8	3.5/18	0	15/5	65/3	16/5	1g/4%	15	2	2	0	6	4
3 oz. Vanilla	90	45	5/8	3.5/18	0	15/5	50/2	11g/4	0/0	11	1	4	0	4	2
3 oz. Blue Moon	90	40	5/8	3.5/18	0	15/5	50/2	11g/4	0/0	11	1	4	0	4	2
3 oz. Chocolate Malt	80	15	1.5/2	1/5	0	5mg/2	50/2	14/5	0/0	13	2	0	0	6	2
3 oz. Black Cow	100	30	3.5/5	2.5/13	0	5mg/2	45/2	17/6	0/0	16	1	2	0	4	0
3 oz. Rainbow Sherbet	90	10	1/2	.5/3	0	0mg/0	40/2	21/7	0/0	20	1	0	2	2	2
3 oz. Orange Water Ice	60	0	0/0	0/0	0	0/0	30/1	17/6	0/0	17	0	0	0	0	2
3 oz. Lemon Water Ice	60	0	0/0	0/0	0	0/0	25/1	17/6	0/0	17	0	0	0	0	2
3 oz. Raspberry Water Ice	70	0	0/0	0/0	0	0/0	20/1	17/6	0/0	17	0	0	2	0	2
4 oz. Vanilla	120	60	7/11	4.5/23	0	20/7	65/3	15/5	0/0	15	2	4	0	6	2
4 oz. Chocolate Sundae	150	60	7/11	4.5/23	0	20/7	80/3	21/7	0/0	18	2	4	0	6	2
4 oz. Strawberry Sundae	140	60	7/11	4.5/23	0	20/7	75/3	20/7	0/0	18	2	4	0	6	2
4 oz. Butterscotch Sundae	150	60	7/11	4.5/23	0	20/7	100/4	21/7	0/0	20	2	4	0	6	2
4 oz. Pumpkin	130	60	7/11	5/25	0	20/7	60/3	16/5	0/0	15	2	15	2	8	2
4 oz. Egg Nog	140	60	7/11	4.5/23	0	45/15	70/3	17/6	0/0	15	2	4	0	8	2
4 oz. Mint N Fudge	140	50	6/9	4/20	0	20/7	75/3	20/7	0/0	17	2	4	0	6	2
4 oz. Candy Cane	130	50	6/9	4/20	0	20/7	65/3	19/6	0/0	18	2	4	0	6	2
4 oz. Chocolate	130	60	7/11	5/25	0	20/7	60/3	16/5	1/4	15	2	4	0	6	4
4 oz. Strawberry	120	50	6/9	4/20	0	15/5	60/3	16/5	0/0	14	2	4	0	6	2
4 oz. NFNS Vanilla	80	5	0/0	0/0	0	5mg/2	100/4	18/6	4g/16	5	2	0	0	8	0
4 oz. Vanilla Yogurt	90	20	2/3	1.5/8	0	10mg/3%	75/3	16/5	0/0	16	2	2	0	8	2
4 oz. Chocolate Yogurt	100	20	2/3	1.5/8	0	5mg/2	85/4	19/6	1/4	17	3	0	0	8	6
4 oz. Strawberry Yogurt	90	15	1.5/2	1/5	0	5mg/2	60/3	17/6	0/0	16	2	2	10	6	2
4 oz. Raspberry Yogurt	100	15	1.5/2	1/5	0	5mg/2	65/3	18/6	0/0	18	2	2	2	6	2
4 oz. Peach Yogurt	90	15	2/3	1.5/8	0	5mg/2	70/3	18/6	0/0	17	2	2	0	8	2
4 oz. Orange Sherbet	120	10	1.5/2	1/5	0	5mg/2	50/2	27/9	0/0	26	1	0	2	2	4
4 oz. Raspberry Sherbet	120	10	1.5/2	1/5	0	5mg/2	50/2	27/9	0/0	27	1	0	2	2	4
4 oz. Lemon Sherbet	120	10	1.5/2	1/5	0	5mg/2	50/2	27/9	0/0	26	1	0	2	2	4
4 oz. Lime Sherbet	120	10	1.5/2	1/5	0	5mg/2	50/2	27/9	0/0	26	1	0	0	2	4
4oz. CN Lime Sherbet	120	10	1/2	.5/3	0	5mg/2	40/2	29/10	0/0	28	1	0	2	4	2
4oz. CN Raspberry Sherbet	120	10	1/2	.5/3	0	5mg/2	40/2	29/10	0/0	28	1	0	0	4	2
4oz. CN Orange Sherbet	120	10	1/2	.5/3	0	5mg/2	40/2	29/10	0/0	28	1	0	2	4	2
4oz. Smart Pops Cherry	120	0	0	0	0	0	30/1	30/10	0/0	22	0	60	60	2	4
4oz. Smart Pops Lemon Lime	120	0	0	0	0	0	30/1	30/10	0/0	22	0	60	60	2	4
4oz. Smart Pops Blue Rasp.	120	0	0	0	0	0	30/1	30/10	0/0	22	0	60	60	2	4
4 oz. Vanilla IC Sandwich	170	60	7/11	3.5/18	0	15/5	140/6	26/9	0/0	16	3	4	0	4	2
4oz. Blue Moon IC Sandwich	170	60	6/9	3.5/18	0	15/5	120/5	26/9	0/0	16	2	4	0	4	2
8 oz. Choco Chiller	200	35	4/6	2.5/13	0	15/5	135/6	38/13	0/0	35	5	2	0	15	6
8 oz. Black Cow	280	80	10/15	6/30	0	30/10	115/5	46/15	0/0	42	3	6	0	10	2



	calories	calories/fat	total fat	sat. fat	trans fat	cholesterol	sodium	carbs	dietary fiber	sugars	protein	vitamin A	vitamin C	calcium	iron
Other Brands Flavors			g/%	g/%		mg/%	mg/%	g/%	g/%	g	g	%	%	%	%
2.6oz. Bubble Gum Swirl	50	0	0	0	0	0	5	13	0	9	0	0	0	0	0
2.6oz. Cotton Candy Swirl	45	0	0	0	0	0	5	12	0	8	0	0	0	0	0
2.7oz. Fudgesicle	100	20	2.5	19	0	0	70	19	1	15	2	0	0	8	2
2.7oz. Hyper Stripe	80	0					10	19		15	0				
3.5oz. Lick-A-Color	90		0		0		10	22		15	0				
1.6oz. Firecracker Jr. w/Juice	35	0	0	0	0	0	0	8	0	7	0	0	20	0	0
2.4oz. Popsicle Scribbler w/J	60	0	0	0	0	0	5	15	0	11	0	0	20	0	0
1.75oz. Torpedo Cherry	35		0				0	8		5	0				
2.5oz. Popsicle Twin Pops	60	0	0				5	14		9	0				
3oz. Popsicle Ice Cream Bar	180	61	12	8	0	10	35	15	1	12	2	2	0	6	4
3oz. N/S English Toffee Bar	190	130	14	10	0	20	45	16	0	14	1	2	0	4	0
3oz. N/S Krispy Krunch Bar	200	130	14	9		14	40	17	0	14	2	2	0	6	0
7oz. Kisko Freezies	130		0				20	33		32	0				



	calories	calories/fat	total fat	sat. fat	trans fat	cholesterol	sodium	carbs	dietary fiber	sugars	protein	vitamin A	vitamin C	calcium	iron
3 Gallon Tubs	1/2 cup											%	%	%	%
After Dinner Mint	160	80	9g	6g	0g	20mg	65mg	18g	0g	18g	2g	4	0	8	2
Banquet Vanilla	110	35	4g	2.5g	0g	10mg	75mg	17g	0g	17g	2g	2	0	8	2
Black Cherry	140	60	7g	4.5g	0g	20mg	60mg	15g	0g	14g	2g	4	0	8	2
Black Forest	140	70	8g	5g	0g	20mg	65mg	18g	0g	17g	2g	4	0	8	2
Blue Moon	130	60	7g	5g	0g	20mg	60mg	15g	0g	14g	2g	4	0	8	2
Banana	130	60	7g	4.5g	0g	20mg	55mg	17g	0g	16g	2g	4	0	8	2
Butter Pecan	170	100	11g	5g	0g	20mg	85mg	15g	0g	14g	3g	4	0	8	2
Birthday Cake	150	70	8g	5g	.5g	20mg	60mg	20g	0g	17g	2g	4	0	8	2
Black Walnut	150	80	9g	5g	0g	20mg	55mg	15g	0g	14g	3g	4	0	8	2
Bubble Gum	120	60	7g	4.5g	0g	20mg	60mg	14g	0g	14g	2g	4	0	8	2
Caramel Collision	170	70	8g	6g	0g	20mg	105mg	23g	0g	21g	2g	4	0	8	2
Chocolate Chip Cookie Dough	160	70	8g	5g	0g	25mg	65mg	20g	0g	18g	2g	4	0	8	2
Cedar Creek Chocolate	110	45	5g	3.5g	0g	15mg	65mg	16g	1g	15g	2g	2	0	6	4
Cedar Creek Vanilla	120	60	6g	4.5g	0g	20mg	65mg	15g	0g	15g	2g	4	0	6	2
Chicago Dark Chocolate	130	60	7g	5g	0g	20mg	95mg	17g	1g	15g	2g	4	0	6	8
Chicago Vanilla	130	60	7g	5g	0g	20mg	60mg	15g	0g	15g	2g	4	0	8	2
Choc. Peanut Butter Ecstasy	260	150	17g	8g	0g	20mg	150mg	24g	2g	21g	5g	4	0	8	10
Chocolate Peanut Butter Swirl	180	100	11g	6g	0g	20mg	125	19g	1g	17g	3g	4	0	6	4
Chocolate	130	60	7g	5g	0g	20mg	60mg	16g	1g	15g	2g	4	0	6	4
Chocolate Almond	150	80	9g	5g	0g	20mg	75mg	16g	1g	15g	3g	4	0	8	6
Chocolate Chip	150	70	8g	6g	0g	20mg	60mg	17g	0g	16g	2g	4	0	8	2
Chocolate Malt	130	60	7g	5g	0g	20mg	60mg	17g	0g	15g	2g	4	0	6	2
Cinnamon	130	60	7g	5g	0g	20mg	60mg	15g	0g	14g	2g	4	0	8	2
Coconut	130	60	7g	5g	0g	20mg	60mg	15g	0g	14g	2g	4	0	8	2
Coconut Joy	150	80	9g	6g	0g	20mg	60mg	17g	1g	16g	3g	4	0	8	2
Cookies 'n Cream	150	70	8g	5g	0g	20mg	75mg	18g	0g	16g	2g	4	0	8	4
Cotton Candy	140	60	7g	4.5g	0g	20mg	60mg	18g	0g	15g	2g	4	0	8	2
Deluxe Vanilla	130	60	7g	5g	0g	20mg	60mg	15g	0g	15g	2g	4	0	8	2
Elephant Tracks	160	70	9g	6g	0g	20mg	65mg	21g	1g	19g	2g	4	0	6	6
Firecracker	170	80	9g	7g	0g	20mg	60mg	20g	0g	20g	2g	4	0	8	2
French Vanilla	130	60	7g	4.5	0g	45mg	60mg	15g	0g	15g	3g	4	0	8	2
Irish Coffee	130	60	7g	5g	0g	20mg	60mg	15g	0g	14g	2g	4	0	8	2
Lady Bug	170	90	10g	5g	0g	20mg	75mg	19g	0g	16g	3g	4	0	8	2
Mackinac Island Fudge	160	70	8g	6g	0g	20mg	65mg	20g	0g	19g	2g	4	0	8	2
Malted Mountain	160	70	8g	5g	0g	20mg	80mg	21g	0g	17g	2g	4	0	6	2
Maple Nut	160	90	10g	5g	0g	20mg	60mg	15g	0g	14g	3g	4	0	8	2
Mint	130	60	7g	5g	0g	20mg	60mg	15g	0g	14g	2g	4	0	8	2
Mint Chocolate Chip	150	70	8g	6g	0g	20mg	60mg	17g	0g	16g	2g	4	0	8	2
Mocha Almond Fudge	170	70	8g	4.5g	0g	15mg	85mg	22g	1g	19g	3g	4	0	8	4
NF, NS Chocolate Swirl	80	5	0g	0g	0g	5mg	105mg	20g	4g	5g	3g	0	0	8	2
NF, NS Strawberry Swirl	90	5	0g	0g	0g	0mg	100mg	21g	3g	5g	2g	0	2	8	0
NF, NS Vanilla	80	5	0g	0g	0g	5mg	100mg	18g	4g	5g	2g	0	0	8	0
New York Cherry	140	60	7g	4.5g	0g	20mg	60mg	17g	0g	14g	2g	4	0	8	2
Orange Pudding	140	70	8g	5g	0g	20mg	70mg	16g	0g	14g	3g	4	0	8	2
Orange Twister	130	40	5g	3g	0g	15mg	55mg	21g	0g	20g	2g	2	2	6	2
Peppermint Stick	150	70	8g	5g	0g	20mg	60mg	18g	0g	17g	2g	4	0	8	2
Pink Peppermint	130	70	8g	5g	0g	20mg	60mg	18g	0g	17g	2g	4	0	8	2
Pistachio Almond	160	90	10g	5g	0g	20mg	80mg	15g	1g	14g	3g	4	0	10	2
Play Dough	160	70	8g	5g	0g	20mg	75mg	20g	0g	17g	2g	4	0	8	2
Praline Pecan	160	70	8g	5g	0g	20mg	100mg	20g	0g	19g	2g	4	0	8	2



Rocky Road	160	60	7g	4g	0g	15mg	70mg	23g	1g	19g	2g	4	0	6	4
Rootbeer Twister	130	40	5g	3g	0g	15mg	55mg	21g	0g	20g	2g	2	0	6	2
Spumoni	130	70	8g	5g	0g	20mg	60mg	16g	0g	15g	2g	4	0	8	2
Strawberry	120	50	6g	4g	0g	20mg	55mg	16g	0g	13g	2g	4	6	8	2
Strawberry Cheesecake	140	50	6g	4g	0g	15mg	60mg	20g	0g	18g	2g	4	2	8	2
Superman	130	60	7g	5g	0g	20mg	60mg	15g	0g	14g	2g	4	0	8	2

Feature Flavors--3 gal. tubs	Calories	calories/fat	total fat	sat. fat	trans fat	cholesterol	sodium	carbs	dietary fiber	sugars	protein	vitamin A	vitamin C	calcium	iron
	1/2 cup														
Peaches N' Cream	130	60	6g	4g	0g	30mg	45mg	18g	0g	17g	2g	6	0	6	0
Peanut Butter Cup	190	110	13g	4.5g	0g	20mg	80mg	14g	0g	16g	4g	4	0	6	0
Banana Cream Pie	160	60	7g	4g	0g	15mg	65mg	25g	0g	21g	2g	4	0	6	2
Blueberry Waffle Cone	160	70	8g	6g	0g	20mg	65mg	20g	0g	19g	3g	4	2	8	2
Butter Brittle	140	70	8g	5g	0g	30mg	65mg	16g	0g	16g	2g	6	0	8	0
Chocolate Amaretto	130	60	7g	5g	0g	20mg	60mg	16g	1g	15g	2g	4	0	6	4
Deep Dish Apple Pie	150	70	8g	4.5g	0g	20mg	65mg	20g	0g	20g	2g	4	0	8	2
Grasshopper Pie	150	60	7g	4.5g	0g	15mg	65mg	23g	0g	20g	2g	4	0	6	2
Green Tea	160	80	9g	6g	0g	25mg	85mg	21g	0g	20g	2g	6	0	10	2
Mint Mackinac Island Fudge	160	70	8g	6g	0g	20mg	65mg	20g	0g	19g	2g	4	0	8	2
Nutcracker	180	90	10g	5g	0g	20mg	150mg	20g	0g	18g	3g	4	0	8	4
Snowflake	170	90	10g	6g	0g	20mg	60mg	18g	0g	17g	3g	4	0	10	2



Sherbet--3 gallon tubs	Calories	calories/fat	total fat	sat. fat	trans fat	cholesterol	sodium	carbs	dietary fiber	sugars	protein	vitamin A	vitamin C	calcium	iron
	1/2 cup														
Champagne	120	10	1.5g	1g	0g	5mg	50mg	27g	0g	27g	1g	0	0	2	4
Lemon	120	10	1.5g	1g	0g	5mg	50mg	27g	0g	26g	1g	0	2	2	4
Lime	120	10	1.5g	1g	0g	5mg	50mg	27g	0g	26g	1g	0	0	2	4
Orange	110	10	1.5g	1g	0g	5mg	50mg	27g	0g	25g	1g	0	0	2	4
Pineapple	120	10	1.5g	1g	0g	5mg	50mg	28g	0g	27g	1g	0	2	2	4
Rainbow	120	10	1.5g	1g	0g	5mg	50mg	27g	0g	27g	1g	0	2	2	4
Raspberry	120	10	1.5g	1g	0g	5mg	50mg	27g	0g	27g	1g	0	2	2	4
Watermelon	120	10	1.5g	1g	0g	5mg	110mg	27g	0g	27g	1g	0	0	2	4
Note: Contains Milk.															

Yogurt--3 gallon tubs	Calories	calories/fat	total fat	sat. fat	trans fat	cholesterol	sodium	carbs	dietary fiber	sugars	protein	vitamin A	vitamin C	calcium	iron
	1/2 cup														
Black Cherry	110	20	2g	1.5g	0g	10mg	70mg	21g	0g	17g	3g	2	0	10	2
Chocolate	110	20	2.5g	1.5g	0g	5mg	75mg	20g	1g	18g	3g	2	0	10	6
Chocolate Chocolate Chunk	130	35	3.5g	3g	0g	5mg	85mg	22g	1g	20g	3g	0	0	8	8
Honey and Nut	120	30	3.5g	1.5g	0g	10mg	90mg	21g	0g	20g	3g	2	0	8	2
Peach Melba	120	15	2g	1.5g	0g	5mg	80mg	24g	0g	23g	2g	2	2	8	2
Peach	100	20	2g	1.5g	0g	10mg	75mg	18g	0g	18g	2g	2	0	8	2
Praline Pecan	130	30	3.5g	1.5g	0g	10mg	110mg	23g	0g	21g	3g	2	0	10	2
Raspberry	120	20	2g	1.5g	0g	5mg	70mg	23g	0g	22g	3g	2	4	10	2
Strawberry	100	15	1.5g	1g	0g	5mg	60mg	19g	0	16g	2g	2	15	6	2
Strawberry Cheesecake	110	15	2g	1.5g	0g	10mg	80mg	21g	0g	10g	2g	2	2	8	2
Vanilla	90	20	2g	1.5g	0g	10mg	75mg	16g	0g	16g	2g	2	0	8	2



48 Ounce Ice Cream	Calories	calories/fat	total fat	sat. fat	trans fat	cholesterol	sodium	carbs	dietary fiber	sugars	protein	vitamin A	vitamin C	calcium	iron
	1/2 cup											%	%	%	%
Vanilla	130	70	7g	4.5g	0g	30mg	45mg	14g	0g	14g	2g	6%	0	8	0
Vanilla Custard	130	70	7g	4.5g	0g	45mg	45mg	15g	0g	14g	2g	6	0	8	0
French Vanilla	130	70	7g	4.5g	0g	45mg	45mg	15g	0g	14g	2g	6	0	8	0
After Dinner Mint	150	80	9g	6g	0g	35mg	50mg	17g	0g	16g	2g	6	0	8	0
Black Cherry	140	70	8g	5g	0g	40mg	50mg	17g	0g	14g	2g	6	0	6	0
Blue Moon	130	60	7g	4g	0g	30mg	50mg	14g	0g	14g	2g	4	0	6	0
Butter Pecan	150	90	10g	5g	0g	40mg	85mg	14g	0g	13g	2g	6	0	6	0
Caramel Collision	160	70	8g	5g	0g	35mg	95mg	21g	0g	17g	2g	6	0	6	0
Chocolate	160	90	10g	6g	0g	35mg	35mg	18g	0g	17g	2g	6	0	6	0
Chocolate Chip Cookie Dough	150	70	8g	4.5g	0g	35mg	60mg	19g	0g	17g	2g	6	0	6	0
Chocolate Malt	140	70	8g	5g	0g	40mg	50mg	16g	0g	15g	2g	6	0	6	0
Coconut Joy	180	100	11g	8g	0g	25mg	50mg	18g	0g	17g	3g	4	0	4	0
Cookies 'N Cream	150	70	8g	4.5g	0g	30mg	65mg	17g	0g	15g	2g	6	0	6	0
Elephant Tracks	150	70	8g	5g	0g	30mg	60mg	18g	0g	16g	2g	6	0	6	0
Lady Bug	160	90	10g	5g	0g	35mg	80mg	18g	0g	15g	2g	6	0	6	0
Mackinac Island Fudge	140	70	8g	5g	0g	35mg	50mg	16g	0g	16g	3g	6	0	8	0
Maple Nut	150	90	10g	5g	0g	35mg	45mg	14g	0g	13g	2g	6	0	8	0
Mint Chocolate Chip	140	70	8g	5g	0g	35mg	45mg	17g	0g	16g	2g	6	0	6	0
New York Cherry	130	70	8g	5g	0g	40mg	45mg	14g	0g	13g	2g	6	0	6	0
Rocky Road	160	80	9g	4.5g	0g	25mg	120mg	17g	0g	15g	2g	6	0	6	0

**If you need further information, contact Cedar Crest Specialties, Inc.--Marketing Department.