

Dippin' Dots Nutritional Information

Bulk flavors		weight	cal	total fat	sat fat	trans fat	chol	sodium	total carb	fiber	sugar	added sugar	protein
Banana Split	mini	67g	130	6g	4g	0g	20mg	30mg	16g	0g	14g	11g	2g
	small	85g	160	8g	5g	0g	30mg	40mg	20g	0g	18g	14g	3g
	medium	166g	310	15g	9g	0g	55mg	80mg	39g	0g	35g	27g	6g
	large	223g	420	20g	13g	0g	75mg	105mg	52g	0g	47g	36g	7g
Milk, cream, sugar, corn syrup solids, cocoa processed with alkali, salt, red #40, yellow #5, strawberry juice, natural and artificial flavors, vanilla, less than 0.5% of (guar gum, carrageenan, locust bean gum, dextrose).													
Birthday Cake	mini	66g	130	7g	4	0g	20mg	35mg	16g	0g	15g	12g	2g
	small	85g	170	8g	5g	0g	30mg	45mg	21g	0g	19g	15g	3g
	medium	170g	340	17g	11g	0g	55mg	90mg	42g	0g	38g	30g	6g
	large	224g	440	22g	14g	0g	75mg	120mg	55g	0g	50g	39g	8g
Ice cream: Milk, cream, sugar, natural and artificial flavors, blue #1, yellow #5, red #40, yellow #6, xanthan gum, citric acid, less than 0.5% of (guar gum, carrageenan, locust bean gum, dextrose). Cake piece: bleached wheat flour, sugar, palm oil, wheat gluten, salt, coconut oil, whey powder, corn starch, soy lecithin, natural flavor.													
Cherry 'N	mini	64g	80	0g	0g	0g	0mg	0mg	19g	0g	11g	8g	0g
Blue Razz Ice	small	85g	100	0g	0g	0g	0mg	0mg	25g	0g	14g	11g	0g
	medium	157g	180	0g	0g	0g	0mg	15mg	47g	0g	26g	19g	0g
	large	219g	260	0g	0g	0g	0mg	20mg	65g	0g	36g	27g	0g
Water, corn syrup solids, sugar, natural and artificial flavors, red #40, blue #1, caramel color, citric acid, cellulose gum.													
Chocolate	mini	74g	150	7g	4.5g	0g	25mg	40mg	19g	0g	16g	12g	3g
	small	85g	170	8g	5g	0g	30mg	45mg	22g	0g	19g	14g	3g
	medium	168g	330	16g	10g	0g	55mg	90mg	43g	0g	37g	27g	6g
	large	229g	460	21g	13g	0g	75mg	125mg	59g	1g	51g	37g	8g
Milk, cream, sugar, corn syrup solids, cocoa processed with alkali, salt, less than 5% of (guar gum, carrageenan, locust bean gum, dextrose).													
Chocolate Chip	mini	70g	160	7g	4g	0g	25mg	40mg	18g	0g	15g	11g	2g
Cookie Dough	small	100g	230	9g	6g	0g	35mg	55mg	26g	0g	22g	16g	3g
	medium	179g	410	17g	10g	0g	60mg	95mg	46g	0g	40g	29g	6g
	large	227g	520	21g	13g	0g	75mg	120mg	59g	1g	50g	37g	8g
Ice Cream: Milk, cream, sugar, natural flavors, vanilla, less than 0.5% of (guar gum, carrageenan, locust bean gum, dextrose). Cookie Dough: Wheat flour, brown sugar, margarine [soybean oil, palm oil, water, salt, vegetable mono and diglycerides, soybean lecithin, natural butter flavor, annatto [color], vitamin A palmitate added], sugar, chocolate chips (sugar, chocolate liquor, coco butter and soy lecithin), water, natural flavors, salt, sodium bicarbonate.													
Cookies 'n Cream	mini	70g	160	8g	4g	0g	20mg	60mg	20g	0g	17g	13g	3g
	small	90g	200	10g	5g	0g	25mg	80mg	26g	0g	21g	17g	3g
	medium	162g	360	18g	9g	0g	50mg	140mg	46g	0g	39g	31g	6g
	large	210g	470	23g	12g	0g	65mg	190mg	60g	1g	50g	40g	8g
Ice Cream: milk, cream, sugar, natural flavor, vanilla, less than 0.5% of (guar gum, carrageenan, locust bean gum, dextrose). Cookies: unbleached enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), sugar, palm and/or canola oil, cocoa (processed with alkali), invert sugar, leavening (baking soda and/or calcium phosphate), soy lecithin, salt, chocolate, natural flavor.													
Cool Mint Crunch	mini	70g	160	8g	4g	0g	20mg	60mg	20g	0g	17g	13g	3g
	small	90g	200	10g	5g	0g	25mg	80mg	26g	0g	21g	17g	3g
	medium	162g	360	18g	9g	0g	50mg	140mg	46g	0g	39g	31g	6g
	large	210g	470	23g	12g	0g	65mg	190mg	60g	1g	50g	40g	8g
Ice Cream: Milk, cream, sugar, natural flavors, yellow #5, blue #1, less than 0.5% of (guar gum, carrageenan, locust bean gum, dextrose). Cookies: unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), sugar, palm and/or canola oil, cocoa (processed with alkali), invert sugar, leavening (baking soda and/or calcium phosphate), soy lecithin, salt, chocolate, natural flavor.													
Cotton Candy	mini	63g	110	6g	3.5g	0g	20mg	30mg	13g	0g	13g	10g	2g
	small	85g	150	8g	5g	0g	30mg	40mg	18g	0g	18g	13g	3g
	medium	162g	290	15g	9g	0g	55mg	75mg	34g	0g	34g	25g	6g
	large	225g	400	21g	13g	0g	75mg	105mg	48g	0g	47g	35g	8g
Milk, cream, sugar, artificial flavors, blue #1, red #40, less than 0.5% of (guar gum, carrageenan, locust bean gum, dextrose).													
Frozeti Dough	mini	70g	170	8g	4g	0g	15mg	22mg	22g	1g	17g	14g	3g
	small	100g	240	11g	5g	0g	25mg	125mg	31g	1g	24g	20g	4g
	medium	179g	430	19g	10g	0.5g	45mg	220mg	55g	1g	42g	35g	7g
	large	227g	540	25g	12g	1g	55mg	280mg	70g	2g	54g	44g	9g
Milk, chocolate chip cookie dough blend (wheat flour, sugar, water, margarine [soybean oil, palm oil, water, salt, mono & diglycerides, soy lecithin, sodium benzoate {preservative}, natural flavor, annatto extract {color}, vitamin A palmitate], chocolate flavored cookie crumbs [enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, canola oil, cocoa processed with alkali, salt, sodium bicarbonate], cocoa processed with alkali, butter [cream, salt], semi-sweet chocolate chips [sugar, unsweetened chocolate, cocoa butter, soy lecithin {emulsifier}], soybean oil, molasses, salt, natural flavor, sodium bicarbonate, soy lecithin {emulsifier}, vanilla extract], cream, sugar, stabilizer (guar gum, locust bean gum, carrageenan, standardized with dextrose or sucrose), natural and artificial flavor (with fd&c blue #1).													

Bulk flavors (con't)		weight	cal	total fat	sat fat	trans fat	chol	sodium	total carb	fiber	sugar	added sugar	protein
Rainbow Ice	mini	64g	80	0g	0g	0g	0mg	0mg	20g	0g	11g	8g	0g
	small	85g	100	0g	0g	0g	0mg	5mg	26g	0g	14g	11g	0g
	medium	157g	190	0g	0g	0g	0mg	10mg	48g	0g	26g	20g	0g
	large	219g	270	0g	0g	0g	0mg	15mg	67g	0g	36g	27g	0g
Water, corn syrup solids, sugar, natural and artificial flavoring, blue #1, red #40, yellow #5, yellow #6, citric acid, cellulose gum.													
Spookies 'n Cream	mini	70g	160	8g	4g	0g	20mg	60mg	20g	0g	17g	13g	3g
	small	90g	200	10g	5g	0g	25mg	80mg	26g	0g	21g	17g	3g
	medium	162g	360	18g	9g	0g	50mg	140mg	46g	0g	39g	31g	6g
	large	210g	470	23g	12g	0g	65mg	190mg	60g	1g	50g	40g	8g
Ice Cream: Milk, cream, sugar, natural flavors, vanilla, yellow #6, less than 0.5% of (guar gum, carrageenan, locust bean gum, dextrose). Cookies: unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), sugar, palm and/or canola oil, cocoa (processed with alkali), invert sugar, leavening (baking soda and/or calcium phosphate), soy lecithin, salt, chocolate, natural flavor.													
Strawberry	mini	63g	110	6g	3.5g	0g	20mg	30mg	13g	0g	13g	10g	2g
	small	85g	150	8g	5g	0g	30mg	40mg	18g	0g	18g	13g	3g
	medium	162g	290	15g	9g	0g	55mg	75mg	34g	0g	34g	25g	6g
	large	225g	400	21g	13g	0g	75mg	105mg	48g	0g	47g	35g	8g
Milk, cream, sugar, red #40, strawberry juice, natural and artificial flavors, less than 0.5% of (guar gum, carrageenan, locust bean gum, dextrose).													
Strawberry	mini	65g	70	1g	0.5g	0g	5mg	15mg	16g	0g	13g	10g	1g
	small	85g	100	1.5g	1g	0g	5mg	20mg	20g	0g	17g	13g	1g
	medium	163g	180	2.5g	1.5g	0g	10mg	35mg	39g	0g	32g	26g	3g
	large	217g	250	3.5g	2g	0g	15mg	50mg	52g	0g	43g	34g	4g
Skim milk, sugar, corn syrup, natural and artificial flavors, red #40, less than 0.5% of (guar gum, carrageenan, locust bean gum, dextrose). Contains two or more of the following yogurt cultures: Lactobacillus Acidophilus, Bifidobacterium Lactis, Streptococcus Thermophilus, Lactobacillus Bulgaricus, and rice maltodextrin as a carrier.													
Ultimate	mini	68g	150	7g	4g	0g	25mg	55mg	20g	0g	16g	12g	2g
	small	107g	230	11g	7g	0g	35mg	85mg	32g	1g	25g	19g	4g
	medium	174g	380	18g	11g	0g	60mg	135mg	52g	1g	40g	30g	6g
	large	226g	490	23g	14g	0g	80mg	180mg	67g	1g	52g	39g	8g
Ice Cream: Milk, cream, sugar, corn syrup, cocoa processed with alkali, salt, natural flavor, less than 0.5% of (guar gum, carrageenan, locust bean gum, dextrose), caramel color, red #40. Brownie Batter: Wheat flour, sugar, butter (cream, salt), water, cocoa processed with alkali, soybean oil, natural flavor, salt, soy lecithin, sodium bicarbonate.													
Vanilla	mini	63g	110	6g	3.5g	0g	20mg	30mg	13g	0g	13g	10g	2g
	small	85g	150	8g	5g	0g	30mg	40mg	18g	0g	18g	13g	3g
	medium	162g	290	15g	9g	0g	55mg	75mg	34g	0g	34g	25g	6g
	large	225g	400	21g	13g	0g	75mg	105mg	48g	0g	47g	35g	8g
Milk, cream, sugar, natural flavor, vanilla, less than 0.5% of (guar gum, carrageenan, locust bean gum, dextrose).													
Dot Sundaes		cal	total fat	sat fat	trans fat	chol	sodium		total carb	fiber	total sugar	added sugar	protein
	All Shook Up	260	13g	7g	0g	30mg	95mg	34g	1g	30g	25g	5g	
		Banana Split Dippin' Dots, Reese's® Peanut Butter Cup Crumble, Chocolate Sauce, Whipped Cream											
	Birthday Party	240	11g	7g	0g	30mg	60mg	32g	0g	28g	15g	3g	

Dot Sundaes		cal	total fat	sat fat	trans fat	chol	sodium	total carb	fiber	total sugar	added sugar	protein	
Cookie Craze		270	11g	6g	0g	25g	150mg	39g	0g	29g	22g	4g	
Chocolate Chip Cookie Dough Dippin' Dots, Oreo® Crumble, Chocolate Sauce, Whipped Cream													
Cookie Crumble		260	12g	6g	0g	25mg	120mg	37g	0g	29g	21g	4g	
Cookies 'n Cream Dippin' Dots, Oreo® Crumble, Chocolate Sauce, Whipped Cream													
Cookie Dough Crunch		280	11g	6g	0g	25mg	135mg	40g	1g	30g	25g	4g	
Chocolate Chip Cookie Dough Dippin' Dots, Butterfinger® Bar Crumble, Chocolate Sauce, Whipped Cream													
Cool Mint Crumble		260	12g	6g	0g	25mg	120mg	37g	0g	29g	21g	4g	
Cool Mint Crunch Dippin' Dots, Oreo® Crumble, Chocolate Sauce, Whipped Cream													
Cool Mint Mini		280	12g	7g	0g	25mg	90mg	39g	0g	32g	27g	4g	
Cool Mint Crunch Dippin' Dots, Mini M&M's®, Chocolate Sauce, Whipped Cream													
Mini Brownie Batter		270	12g	7g	0g	30mg	85mg	39g	1g	32g	25g	3g	
Ultimate Brownie Batter Dippin' Dots, Mini M&M's®, Chocolate Sauce, Whipped Cream													
Mini Cookie Dough		280	12g	7g	0g	25mg	125mg	41g	0g	33g	27g	3g	
Chocolate Chip Cookie Dough Dippin' Dots, Mini M&M's®, Caramel Sauce, Whipped Cream													
Peanut Butter Cup		270	13g	7g	0g	30mg	100mg	36g	1g	31g	25g	5g	
Chocolate Dippin' Dots, Reese's® Peanut Butter Cup Crumble, Chocolate Sauce, Whipped Cream													
Split Decision		240	11g	6g	0g	30mg	55mg	34g	0g	30g	24g	3g	
Banana Split Dippin' Dots, Mini M&M's®, Chocolate Sauce, Whipped Cream													
Spooky Night		260	12g	6g	0g	25mg	120mg	37g	0g	29g	21g	4g	
Spookies 'n Cream™ Dippin' Dots, Oreo® Crumble, Chocolate Sauce, Whipped Cream													
Vanilla Twist		190	9	5g	0g	30mg	45mg	24g	0g	23g	18g	3g	
Vanilla Dippin' Dots®, Chocolate Sauce, Whipped Cream													
Yummy Gummy		150	0.5g	0g	0g	0g	15mg	36g	0g	20g	17g	1g	
Rainbow Ice Dippin' Dots, Mini Gummy Bears, Whipped Cream													
Toppings			cal	total fat	sat fat	trans fat	chol	sodium	total carb	fiber	total sugar	added sugar	protein
Mini Gummy Bears	serving: 13g	40	0g	0g	0g	0mg	5mg	9g	0g	6g	6g	0g	
Corn syrup, sugar (from beets), water, gelatin, citric acid, pectin (derived from fruit), vegetable oil (palm), and carnauba leaf wax, natural and artificial flavors, yellow 5, red 40, yellow 6, blue 1.													
Butterfinger® Crumble	serving: 11g	50	2g	1g	0g	0mg	30mg	8g	1g	5g	4g	1g	
Corn syrup, sugar, ground roasted peanuts, hydrogenated palm kernel oil, cocoa, molasses, and less than 1% of whey (from milk), confectioner's corn flakes, nonfat milk, salt, lactic acid esters, soy lecithin, soybean oil, cornstarch, artificial flavors, TBHQ and citric acid (to preserve freshness), yellow #5, red #40. Contains: Peanut, Soy, Milk.													
Heath Bar Crumble	serving: 12g	60	4g	2g	0g	5g	45mg	7g	0g	7g	7g	1g	
Milk chocolate (sugar, cocoa butter, chocolate, nonfat milk, milk fat, lactose, soy lecithin [an emulsifier], salt, and vanillin [an artificial flavoring]), sugar, palm oil, dairy butter (milk), almonds (roasted in cocoa butter and/or sunflower oil), salt, artificial flavoring, and soy lecithin. Contains: Tree Nuts (almonds), Soy, Milk.													
Mini M&Ms®	serving: 12g	60	2.5g	1.5g	0g	0mg	10mg	8g	0g	7g	6g	1g	
Milk chocolate (sugar, chocolate, skim milk, cocoa butter, lactose, milkfat, soy lecithin, salt, artificial flavors), sugar, cornstarch, less than 1% corn syrup, dextrin, coloring (includes blue 1 lake, red 40 lake, yellow 6, yellow 5, red 40, blue 1, blue 2 lake, yellow 6 lake, yellow 5 lake, blue 2), gum acacia. Contains: Milk, Soy, May Contain Peanuts.													
Oreo® Crumbles	serving: 9g	40	1.5g	0g	0g	0mg	30mg	7g	0g	4g	4g	0g	
Unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), sugar, palm and/or canola oil, cocoa (processed with alkali), high fructose corn syrup, leavening (baking soda and/or calcium phosphate), salt, soy lecithin, chocolate, artificial flavor. Contains: Wheat, Soy													
Reese's® Cup Crumble	serving: 14g	70	4.5g	1.5g	0g	0mg	50mg	8g	1g	7g	7g	2g	
Milk Chocolate (sugar, cocoa butter, chocolate, nonfat milk, milk fat, corn syrup solids, soy lecithin and PGPR, emulsifiers), peanuts, sugar, dextrose, salt, and TBHQ (Preservative). Contains: Milk, Soy, Peanut.													
Sprinkles	serving: 12g	58	2g	2g	0g	0mg	0mg	10g	0g	9g	9g	0g	
Sugar, corn starch, partially hydrogenated vegetable oil (cottonseed and/or soybean), soy lecithin, dextrin, confectioner's glaze, natural and artificial flavor, red 40 lake, yellow 6 lake, carnauba wax, yellow 5 lake, blue 1 lake, red 3, red 40. Contains: Soy.													
Shakes			cal	total fat	sat fat	trans fat	chol	sodium	total carb	fiber	sugar	added sugar	protein
Banana Split		630	21g	13g	0g	75mg	180mg	101g	0g	93g	75g	11g	
Banana Split Dippin' Dots, Milk, Strawberry Sauce													
Birthday Cake		460	23g	14g	0g	75mg	170mg	51g	0g	47g	30g	12g	
Birthday Cake Dippin' Dots, Milk, Watkins Vanilla Extract													
Chocolate		470	22g	13g	0g	75g	170mg	60g	0g	53g	34g	12g	
Chocolate Dippin' Dots, Milk, Chocolate Sauce													
Chocolate Strawberry		640	22g	13g	0g	75mg	190mg	105g	0g	94g	7g	12g	
Chocolate Dippin' Dots, Milk, Strawberry Sauce													
Cookie Dough		510	23g	13g	0g	65mg	280mg	63g	0g	51g	35g	12g	
Chocolate Chip Cookie Dough Dippin' Dots, Milk, Watkins Vanilla Extract													

Shakes (con't)		cal	total fat	sat fat	trans fat	chol	sodium	total carb	fiber	sugar	added sugar	protein	
Cookies 'n Cream		520	25g	13g	0g	70mg	230mg	64g	0g	55g	39g	12g	
Cookies 'n Cream Dippin' Dots, Milk, Chocolate Sauce													
Cool Mint Crunch		520	25g	13g	0g	70mg	230mg	64g	0g	56g	39g	12g	
Cool Mint Crunch Dippin' Dots, Milk, Chocolate Sauce													
Cotton Candy		420	22g	13g	0g	75mg	160mg	45g	0	44g	27g	12g	
Cotton Candy Dippin' Dots, Milk													
Strawberry Cheesecake		500	9g	5g	0g	30mg	135mg	101g	0g	90g	75g	8g	
Strawberry Cheesecake YoDots, Milk, Strawberry Sauce													
Ultimate Brownie Batter		510	23g	14g	0g	75mg	220mg	66g	1g	54g	36g	12g	
Brownie Batter Dippin' Dots, Milk, Chocolate Sauce													
Vanilla		430	22g	14g	0g	80mg	160mg	45g	0g	45g	27g	12g	
Vanilla Dippin' Dots, Milk, Watkins Vanilla Extract													
Quakes			cal	total fat	sat fat	trans fat	chol	sodium	total carb	fiber	sugar	added sugar	protein
Brownie Rumble		710	34g	19g	0g	95mg	300mg	94g	2g	75g	55g	14g	
Ultimate Brownie Batter Dippin' Dots, Milk, Reese's® Cup Crumbles, Chocolate Sauce, Whipped Cream													
Chocolate Tremor		650	31g	19g	0g	100mg	200mg	84g	1g	73g	52g	12g	
Chocolate Dippin' Dots, Milk, Mini M&M's®, Chocolate Sauce, Whipped Cream													
Cookie After Shock		700	33g	17g	0g	85mg	310mg	90g	1g	73g	53g	13g	
Cookies 'n Cream Dippin' Dots, Milk, Oreo® Cookie Crumbles, Chocolate Sauce, Whipped Cream													
Cool Mint Magnitude		700	33g	17g	0g	85mg	310mg	90g	1g	74g	54g	13g	
Cool Mint Crunch Dippin' Dots, Milk, Oreo® Cookie Crumbles, Chocolate Sauce, Whipped Cream													
Fault Line		650	31g	19g	0g	100mg	230mg	84g	1g	73g	52g	13g	
Chocolate Dippin' Dots, Milk, Heath® Bar Crumble, Chocolate Sauce, Whipped Cream													
Seismic Split		630	29g	17g	0g	95mg	200mg	83g	0g	73g	51g	12g	
Banana Split Dippin' Dots, Milk, Oreo® Cookie Crumbles, Strawberry Sauce, Whipped Cream													
Floats			cal	total fat	sat fat	trans fat	chol	sodium	total carb	fiber	sugar	added sugar	protein
Berry Bliss		230	0g	0g	0g	0mg	30mg	58g	0g	40g	14g	0g	
Cherry 'N Blue Razz Ice Dippin' Dots, Lemon-Lime Soda													
Citrus Fun		240	0g	0g	0g	0mg	35mg	62g	0g	46g	14g	0g	
Rainbow Ice Dippin' Dots, Citrus Soda													
Coke Float		290	11g	7g	0g	40mg	80mg	47g	0g	47g	41g	4g	
Vanilla Dippin' Dots, Cola													
Moonlight Dough (cola)		340	12g	7g	0g	30mg	160mg	58g	0g	51g	46g	4g	
Chocolate Chip Cookie Dough Dippin' Dots, Cola													
Moonlight Delight (root beer)		350	12g	7g	0g	30mg	180mg	62g</td					