

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.												
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).												
Liberty 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, artificial flavor, blue #1, red #40, citric acid, cellulose gum.												

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 Cheesecake YoDots	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
Brownie Batter	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
	Birthday Cake Dippin' Dots, Rainbow Sprinkles, Whipped Cream										
Brownie Batter Cup	350	15g	9g	0g	30mg	130mg	49g	1g	40g	26g	5g
	Ultimate Brownie Batter Dippin' Dots, Reese's® Peanut Butter Cup Crumble, Caramel Sauce, Whipped Cream										
Brownie Batter Crumble	260	11g	6g	0g	30mg	115mg	38g	1g	28g	18g	4g
	Ultimate Brownie Batter Dippin' Dots, Oreo® Crumble, Caramel Sauce, Whipped Cream										
Candy Craze	220	9g	5g	0g	30mg	60mg	33g	0g	28g	22g	4g
	Cotton Candy Dippin' Dots, Gummy Bears, Caramel Sauce, Whipped Cream										
Candy Sprinkle	240	11g	7g	0g	30mg	60mg	34g	0g	30g	16g	3g
	Cotton Candy Dippin' Dots, Sprinkles, Caramel Sauce, Whipped Cream										
Choco Butter Crunch	250	11g	6g	0g	30mg	80mg	35g	1g	28g	21g	4g
	Chocolate Dippin' Dots, Butterfinger® Crumble, Chocolate Sauce, Whipped Cream										
Chocolate Mini	250	11g	7g	0g	30mg	60mg	36g	0g	31g	24g	3g
	Chocolate Dippin' Dots, Mini M&M's®, Chocolate Sauce, Whipped Cream										

Dot Sundaes	cal	total fat	sat fat	trans fat	chol	sodium	total carb	fiber	total sugar	added sugar	protein
Cookie Craze Chocolate Chip Cookie Dough Dippin' Dots, Oreo® Crumble, Chocolate Sauce, Whipped Cream	270	11g	6g	0g	25g	150mg	39g	0g	29g	22g	4g
Cookie Crumble Cookies 'n Cream Dippin' Dots, Oreo® Crumble, Chocolate Sauce, Whipped Cream	260	12g	6g	0g	25mg	120mg	37g	0g	29g	21g	4g
Cookie Dough Crunch Chocolate Chip Cookie Dough Dippin' Dots, Butterfinger® Bar Crumble, Chocolate Sauce, Whipped Cream	280	11g	6g	0g	25mg	135mg	40g	1g	30g	25g	4g
Cool Mint Crumble Cool Mint Crunch Dippin' Dots, Oreo® Crumble, Chocolate Sauce, Whipped Cream	260	12g	6g	0g	25mg	120mg	37g	0g	29g	21g	4g
Cool Mint Mini Cool Mint Crunch Dippin' Dots, Mini M&M's®, Chocolate Sauce, Whipped Cream	280	12g	7g	0g	25mg	90mg	39g	0g	32g	27g	4g
Mini Brownie Batter Ultimate Brownie Batter Dippin' Dots, Mini M&M's®, Chocolate Sauce, Whipped Cream	270	12g	7g	0g	30mg	85mg	39g	1g	32g	25g	3g
Mini Cookie Dough Chocolate Chip Cookie Dough Dippin' Dots, Mini M&M's®, Caramel Sauce, Whipped Cream	280	12g	7g	0g	25mg	125mg	41g	0g	33g	27g	3g
Peanut Butter Cup Chocolate Dippin' Dots, Reese's® Peanut Butter Cup Crumble, Chocolate Sauce, Whipped Cream	270	13g	7g	0g	30mg	100mg	36g	1g	31g	25g	5g
Split Decision Banana Split Dippin' Dots, Mini M&M's®, Chocolate Sauce, Whipped Cream	240	11g	6g	0g	30mg	55mg	34g	0g	30g	24g	3g
Spooky Night Spookies 'n Cream™ Dippin' Dots, Oreo® Crumble, Chocolate Sauce, Whipped Cream	260	12g	6g	0g	25mg	120mg	37g	0g	29g	21g	4g
Vanilla Twist Vanilla Dippin' Dots®, Chocolate Sauce, Whipped Cream	190	9	5g	0g	30mg	45mg	24g	0g	23g	18g	3g
Yummy Gummy Rainbow Ice Dippin' Dots, Mini Gummy Bears, Whipped Cream	150	0.5g	0g	0g	0g	15mg	36g	0g	20g	17g	1g

Toppings	cal	total fat	sat fat	trans fat	chol	sodium	total carb	fiber	total sugar	added sugar	protein
Mini Gummy Bears 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.	40	0g	0g	0g	0mg	5mg	9g	0g	6g	6g	0g
Butterfinger® Crumble 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.	50	2g	1g	0g	0mg	30mg	8g	1g	5g	4g	1g
Heath Bar Crumble Milk chocolate (sugar, cocoa butter, cocolate, 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.	60	4g	2g	0g	5g	45mg	7g	0g	7g	7g	1g
Mini M&M's® 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.	60	2.5g	1.5g	0g	0mg	10mg	8g	0g	7g	6g	1g
Oreo® Crumbles 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	40	1.5g	0g	0g	0mg	30mg	7g	0g	4g	4g	0g
Reese's® Cup Crumble 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.	70	4.5g	1.5g	0g	0mg	50mg	8g	1g	7g	7g	2g
Sprinkles 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.	58	2g	2g	0g	0mg	0mg	10g	0g	9g	9g	0g

Shakes	cal	total fat	sat fat	trans fat	chol	sodium	total carb	fiber	sugar	added sugar	protein
Banana Split Banana Split Dippin' Dots, Milk, Strawberry Sauce	630	21g	13g	0g	75mg	180mg	101g	0g	93g	75g	11g
Birthday Cake Birthday Cake Dippin' Dots, Milk, Watkins Vanilla Extract	460	23g	14g	0g	75mg	170mg	51g	0g	47g	30g	12g
Chocolate Chocolate Dippin' Dots, Milk, Chocolate Sauce	470	22g	13g	0g	75g	170mg	60g	0g	53g	34g	12g
Chocolate Strawberry Chocolate Dippin' Dots, Milk, Strawberry Sauce	640	22g	13g	0g	75mg	190mg	105g	0g	94g	7g	12g

Shakes (con't)	cal	total fat	sat fat	trans fat	chol	sodium	total carb	fiber	sugar	added sugar	protein
Cookie Dough Chocolate Chip Cookie Dough Dippin' Dots, Milk, Watkins Vanilla Extract	510	23g	13g	0g	65mg	280mg	63g	0g	51g	35g	12g
Cookies 'n Cream Cookies 'n Cream Dippin' Dots, Milk, Chocolate Sauce	520	25g	13g	0g	70mg	230mg	64g	0g	55g	39g	12g
Cool Mint Crunch Cool Mint Crunch Dippin' Dots, Milk, Chocolate Sauce	520	25g	13g	0g	70mg	230mg	64g	0g	56g	39g	12g
Cotton Candy Cotton Candy Dippin' Dots, Milk	420	22g	13g	0g	75mg	160mg	45g	0	44g	27g	12g
Strawberry Cheesecake Strawberry Cheesecake YoDots, Milk, Strawberry Sauce	500	9g	5g	0g	30mg	135mg	101g	0g	90g	75g	8g
Ultimate Brownie Batter Brownie Batter Dippin' Dots, Milk, Chocolate Sauce	510	23g	14g	0g	75mg	220mg	66g	1g	54g	36g	12g
Vanilla Vanilla Dippin' Dots, Milk, Watkins Vanilla Extract	430	22g	14g	0g	80mg	160mg	45g	0g	45g	27g	12g

Quakes	cal	total fat	sat fat	trans fat	chol	sodium	total carb	fiber	sugar	added sugar	protein
Brownie Rumble Ultimate Brownie Batter Dippin' Dots, Milk, Reese's® Cup Crumbles, Chocolate Sauce, Whipped Cream	710	34g	19g	0g	95mg	300mg	94g	2g	75g	55g	14g
Chocolate Tremor Chocolate Dippin' Dots, Milk, Mini M&M's®, Chocolate Sauce, Whipped Cream	650	31g	19g	0g	100mg	200mg	84g	1g	73g	52g	12g
Cookie After Shock Cookies 'n Cream Dippin' Dots, Milk, Oreo® Cookie Crumbles, Chocolate Sauce, Whipped Cream	700	33g	17g	0g	85mg	310mg	90g	1g	73g	53g	13g
Cool Mint Magnitude Cool Mint Crunch Dippin' Dots, Milk, Oreo® Cookie Crumbles, Chocolate Sauce, Whipped Cream	700	33g	17g	0g	85mg	310mg	90g	1g	74g	54g	13g
Fault Line Chocolate Dippin' Dots, Milk, Heath® Bar Crumble, Chocolate Sauce, Whipped Cream	650	31g	19g	0g	100mg	230mg	84g	1g	73g	52g	13g
Seismic Split Banana Split Dippin' Dots, Milk, Oreo® Cookie Crumbles, Strawberry Sauce, Whipped Cream	630	29g	17g	0g	95mg	200mg	83g	0g	73g	51g	12g

Floats	cal	total fat	sat fat	trans fat	chol	sodium	total carb	fiber	sugar	added sugar	protein
Citrus Fun Rainbow Ice Dippin' Dots, Citrus Soda	240	0g	0g	0g	0mg	35mg	62g	0g	46g	14g	0g
Coke Float Vanilla Dippin' Dots, Cola	290	11g	7g	0g	40mg	80mg	47g	0g	47g	41g	4g
Moonlight Dough (cola) Chocolate Chip Cookie Dough Dippin' Dots, Cola	340	12g	7g	0g	30mg	160mg	58g	0g	51g	46g	4g
Moonlight Delight (root beer) Chocolate Chip Cookie Dough Dippin' Dots, Root Beer	350	12g	7g	0g	30mg	180mg	62g	0g	54g	49g	4g
Orange Delight Cookies 'n Cream Dippin' Dots, Orange Soda	350	12g	7g	0g	35mg	140mg	57g	0g	52g	47g	4g
Orange Float Vanilla Dippin' Dots, Orange Soda	300	11g	7g	0g	40mg	95mg	49g	0g	49g	43g	4g
Orange Fun Rainbow Ice Dippin' Dots, Citrus Soda	230	0g	0g	0g	0mg	50mg	60g	0g	44g	39g	0g
Rainbow Fun Rainbow Ice Dippin' Dots, Lemon-Lime Soda	230	0g	0g	0g	0mg	30mg	58g	0g	40g	14g	0g
Root Beer Float Vanilla Dippin' Dots, Root Beer	300	11g	7g	0g	40mg	95mg	50g	0g	50g	44g	4g
Snow Dough Chocolate Chip Cookie Dough Dippin' Dots, Lemon-Lime Soda	350	12g	7g	0g	30mg	160mg	59g	0g	49g	23g	4g
Snow Drift Cookies 'n Cream Dippin' Dots, Lemon-Lime Soda	350	12g	7g	0g	35mg	120mg	56g	0g	48g	22g	4g
Snow White Vanilla Dippin' Dots, Lemon-Lime Soda	300	11g	7g	0g	40mg	75mg	48g	0g	45g	18g	4g
Tuxedo (cola) Cookies 'n Cream Dippin' Dots, Cola	330	12g	7g	0g	35mg	125mg	55g	0g	50g	45g	4g
Tuxedo (root beer) Cookies 'n Cream Dippin' Dots, Root Beer	350	12g	7g	0g	35mg	140mg	59g	0g	53g	48g	4g
Yellow Fizz Vanilla Dippin' Dots, Citrus Soda	310	11g	7g	0g	40mg	80mg	52g	0g	51g	18g	4g