

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 Blue	mini	64g	80	0g	0g	0g	0mg	0mg	19g	0g	11g	8g	0g
Raspberry 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.													
Cookie Monster	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).												
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.												
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).												
Dr Pepper	mini	64g	120	7g	4g	0g	25mg	30mg	14g	0g	13g	10g	2g
	small	110g	210	11g	7g	0g	45mg	50mg	24g	0g	24g	17g	4g
	medium	152g	290	15g	10g	0.5g	65mg	70mg	34g	0g	32g	24g	5g
	large	225g	430	23g	14g	1g	95mg	105mg	50g	1g	47g	35g	8g
	Milk, cream, sugar, contains 2% or less of the following: natural and artificial flavor, fruit and vegetable juice (color), stabilizer blend (guar gum, locust bean gum, carrageenan, standardized with dextrose or sucrose), nonfat dry milk.												

Bulk flavors (con't)		weight	cal	total fat	sat fat	trans fat	chol	sodium	total carb	fiber	sugar	added sugar	protein
Mint Chocolate	mini	75g	150	8g	5g	0g	30mg	35mg	18g	0g	16g	12g	3g
	small	120g	240	13g	8g	0g	50mg	60mg	28g	0g	26g	20g	4g
	medium	165g	330	17g	11g	0.5g	70mg	80mg	39g	1g	36g	27g	6g
	large	235g	470	25g	15g	1g	100mg	115mg	55g	1g	51g	39g	8g
	Milk, cream, sugar, corn syrup, contains 2% or less of the following: cocoa powder (cocoa [processed with alkali], sugar, salt, natural vanilla), stabilizer blend (guar gum, locust bean gum, carrageenan, standardized with dextrose or sucrose), natural flavor (with FD&C Yellow #5, FD&C Blue #1).												
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
Cheesecake YoDots	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											
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											
Cherry Beary	150	0.5g	0g	0g	0g	15mg	36g	0g	20g	17g	1g
Cherry 'N Blue Raspberry Ice Dippin' Dots, Mini Gummy Bears, 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											
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											
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											

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											
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											
Cookies 'n Cream	520	25g	13g	0g	70mg	230mg	64g	0g	55g	39g	12g
Cookies 'n Cream 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											
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 Raspberry 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	0g	54g	49g	4g
Chocolate Chip Cookie Dough Dippin' Dots, Root Beer											
Orange Delight	350	12g	7g	0g	35mg	140mg	57g	0g	52g	47g	4g
Cookies 'n Cream Dippin' Dots, Orange Soda											
Orange Float	300	11g	7g	0g	40mg	95mg	49g	0g	49g	43g	4g
Vanilla Dippin' Dots, Orange Soda											
Orange Fun	230	0g	0g	0g	0mg	50mg	60g	0g	44g	39g	0g
Rainbow Ice Dippin' Dots, Citrus Soda											
Rainbow Fun	230	0g	0g	0g	0mg	30mg	58g	0g	40g	14g	0g
Rainbow Ice Dippin' Dots, Lemon-Lime Soda											
Root Beer Float	300	11g	7g	0g	40mg	95mg	50g	0g	50g	44g	4g
Vanilla Dippin' Dots, Root Beer											
Snow Dough	350	12g	7g	0g	30mg	160mg	59g	0g	49g	23g	4g
Chocolate Chip Cookie Dough Dippin' Dots, Lemon-Lime Soda											
Snow Drift	350	12g	7g	0g	35mg	120mg	56g	0g	48g	22g	4g
Cookies 'n Cream Dippin' Dots, Lemon-Lime Soda											
Snow White	300	11g	7g	0g	40mg	75mg	48g	0g	45g	18g	4g
Vanilla Dippin' Dots, Lemon-Lime Soda											
Tuxedo (cola)	330	12g	7g	0g	35mg	125mg	55g	0g	50g	45g	4g
Cookies 'n Cream Dippin' Dots, Cola											
Tuxedo (root beer)	350	12g	7g	0g	35mg	140mg	59g	0g	53g	48g	4g
Cookies 'n Cream Dippin' Dots, Root Beer											
Yellow Fizz	310	11g	7g	0g	40mg	80mg	52g	0g	51g	18g	4g
Vanilla Dippin' Dots, Citrus Soda											

