



# Nutrition Facts

Serving Size 1/2 cup (125mL)



KAWARTHA DAIRY LIMITED ICE CREAM FLAVOURS	Calories			Fat			Saturated + Trans			Cholesterol			Sodium			Carbohydrates			Fibre		Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
	cal	grams	% DV	Sat. (g)	Trans (g)	% DV	mg	mg	% DV	grams	% DV	grams	% DV	grams	% DV	grams	% DV	grams	grams	% DV	% DV	% DV	% DV	% DV	% DV	
Banana	160	10	15%	6	0.2	33%	45	45	2%	15	5%	1	2%	13	3	4%	2%	6%	0%							
Bear Claw®	180	10	15%	6	0.2	30%	30	95	4%	20	7%	1	3%	17	3	10%	0%	6%	4%							
Black Forest Cake	170	9	14%	5	0.4	27%	35	60	2%	21	7%	0	0%	16	2	10%	0%	6%	2%							
Black Raspberry Thunder	180	10	15%	6	0.2	33%	40	65	3%	20	7%	0	0%	18	3	4%	2%	6%	0%							
Blueberry Ripple	170	10	15%	6	0.2	32%	40	45	2%	17	6%	1	2%	14	2	4%	2%	6%	0%							
Blue Bubblegum	170	10	15%	6	0.2	32%	45	40	2%	19	6%	1	2%	17	2	4%	2%	6%	0%							
Bordeaux Cherry	160	10	15%	6	0.2	32%	45	45	2%	17	6%	1	3%	13	2	4%	2%	6%	2%							
Butter Pecan	190	12	18%	7	0.2	33%	45	95	4%	17	6%	1	2%	15	3	4%	2%	6%	0%							
Butterscotch Ripple	170	10	15%	6	0.2	32%	45	70	3%	17	6%	1	2%	15	3	4%	2%	6%	2%							
Cappuccino Almond	180	11	17%	6	0.2	31%	40	65	3%	16	5%	1	3%	13	3	4%	2%	8%	2%							
Caramel Snappers	190	11	17%	7	0.2	38%	45	80	3%	20	7%	1	2%	17	3	4%	2%	6%	2%							
Chewy Chocolate Caramel	180	10	16%	6	0.2	33%	30	75	3%	20	7%	0	0%	17	3	10%	0%	8%	4%							
Chocolate	150	10	15%	6	0.3	30%	35	40	2%	15	5%	1	2%	13	2	4%	0%	6%	4%							
Chocolate Cherry Cheesecake	180	10	16%	7	0.2	34%	60	55	2%	19	6%	1	2%	16	3	4%	2%	6%	2%							
Chocolate Chip Cookie Dough	190	12	18%	8	0.2	40%	50	60	3%	19	6%	0	0%	16	2	6%	0%	12%	2%							
Chocolate Peanut Butter	190	12	19%	6	0.2	29%	30	85	4%	17	6%	1	4%	13	4	4%	0%	6%	4%							
Chocolate Ripple	160	10	15%	6	0.2	32%	45	50	2%	16	5%	1	2%	14	3	4%	2%	6%	2%							
Cookies & Cream	180	11	16%	6	0.5	35%	45	65	3%	17	6%	1	3%	14	3	4%	2%	6%	2%							
Cotton Candy	170	9	14%	6	0.2	30%	40	50	2%	20	6%	1	2%	16	2	4%	2%	6%	0%							
Creamy Orange	180	11	17%	7	0.2	37%	50	55	2%	17	6%	1	2%	14	3	6%	2%	6%	0%							
Crème Brûlée	190	9	14%	6	0.2	31%	40	40	2%	23	8%	1	2%	21	2	4%	2%	6%	2%							
Death By Chocolate	160	9	14%	6	0.2	30%	30	45	2%	16	5%	1	3%	14	2	4%	0%	6%	4%							
Egg Nog	170	10	15%	6	0.2	33%	45	50	2%	18	6%	0	0%	14	3	4%	2%	6%	0%							
French Vanilla	170	11	17%	7	0.3	34%	40	40	2%	14	5%	0	0%	14	3	12%	0%	8%	0%							
Gold Medal Ribbon	160	10	15%	6	0.2	30%	35	65	3%	16	5%	1	2%	14	2	4%	0%	6%	2%							
Heavenly Hash	180	12	18%	8	0.4	42%	35	40	2%	16	5%	2	8%	13	2	8%	0%	6%	6%							
Candy Cane	200	12	19%	7	0.4	40%	35	40	2%	21	7%	0	0%	17	2	10%	0%	6%	0%							
Kodiak Island Fudge™	200	11	17%	7	0.2	37%	40	80	3%	21	7%	1	3%	17	3	4%	2%	6%	4%							
Mango	160	10	15%	6	0.2	32%	45	45	2%	16	5%	1	2%	14	2	6%	4%	6%	0%							
Maple Walnut	190	13	19%	7	0.2	33%	45	45	2%	15	5%	1	3%	12	3	4%	2%	6%	0%							
Marty's World Fam. Butterscotch	190	10	16%	6	0.2	33%	35	75	3%	22	8%	0	0%	13	2	10%	0%	6%	2%							
Mint Chip	180	11	17%	7	0.2	36%	45	45	2%	17	6%	1	3%	15	3	4%	2%	6%	4%							
Mocha Almond Fudge	180	11	17%	6	0.2	32%	40	55	2%	17	6%	1	4%	15	3	4%	2%	6%	2%							
Moose Tracks®	210	13	21%	8	0.2	40%	45	60	3%	19	6%	1	3%	16	3	4%	2%	6%	2%							
Muskoka Mocha	190	11	17%	7	0.2	37%	45	60	2%	20	7%	1	3%	16	3	4%	2%	6%	4%							
Pralines & Cream	190	11	16%	7	0.2	33%	45	190	8%	21	7%	1	2%	18	3	4%	2%	6%	2%							
Pumpkin Pie	180	10	15%	6	0.2	32%	35	90	4%	19	6%	0	0%	13	2	10%	0%	6%	2%							
Raspberry Ripple	170	10	15%	6	0.2	32%	45	60	3%	17	6%	1	2%	15	2	4%	2%	6%	0%							
Rum & Raisin	160	9	14%	6	0.2	30%	40	50	2%	16	5%	1	2%	14	2	4%	2%	6%	2%							
Strawberry	170	10	15%	7	0.2	33%	45	45	2%	16	5%	0	0%	15	2	4%	4%	6%	2%							
Tiger	170	10	15%	6	0.2	32%	45	50	2%	17	6%	1	2%	15	2	4%	2%	6%	0%							
Unlocked and Loaded	170	10	16%	6	0.3	33%	35	55	2%	17	6%	0	0%	15	2	10%	0%	6%	0%							
Vanilla	170	11	17%	7	0.2	36%	50	45	2%	15	5%	0	0%	14	2	4%	2%	6%	0%							
Wolf Paws™	190	11	17%	7	0.2	35%	45	50	2%	19	6%	1	3%	16	3	4%	2%	6%	2%							
Lighter Choices																										
Black Cherry Yogourt	120	2	3%	1	0.1	7%	10	70	3%	21	7%	0	0%	17	4	2%	2%	12%	2%							
Granola and Fruit Parfait Yogourt	160	3	5%	5	0.2	25%	10	60	3%	28	9%	0	0%	20	3	2%	0%	10%	2%							
Mango and Peach Yogourt	110	2	3%	2	0.1	6%	10	60	3%	19	6%	0	0%	17	3	2%	8%	10%	0%							
Orange Sherbet	130	1	2%	0.5	0	4%	5	25	1%	28	9%	0	0%	22	1	2%	2%	2%	0%							
Raspberry/Lime-Lemon Sherbet	120	1	2%	0.5	0	4%	5	20	1%	26	9%	0	0%	21	1	2%	0%	2%	0%							
No Sugar Added Vanilla	110	8	16%	5	0.2	25%	30	65	3%	15	5%	0	0%	5	3	8%	0%	10%	0%							
NSA Chocolate Flake	120	8	12%	5	0.2	25%	25	60	3%	18	6%	2	8%	2	4	10%	0%	10%	10%							