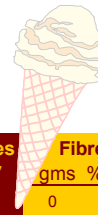




Nutrition Facts



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	gms	% DV	Sat.(g)	Trans (g)	% DV	mg	mg	% DV	gms	% DV	gms	% DV	gms	gms	% DV	% DV	% DV	% DV
Banana	160	10	15%	6	0.3	30%	35	50	2%	15	5%	0	0%	13	2	10%	2%	6%	0%
Bear Claw ®	180	10	15%	6	0.2	29%	30	65	3%	19	6%	1	2%	16	2	10%	0%	6%	4%
Black Raspberry Thunder	180	10	16%	6	0.3	31%	35	65	3%	20	6%	0	0%	17	2	10%	2%	6%	0%
Blueberry Ripple	160	9	15%	6	0.3	30%	35	45	2%	16	5%	0	0%	14	2	10%	0%	6%	0%
Blue Bubblegum	160	9	15%	6	0.3	30%	35	40	2%	18	6%	0	0%	16	2	10%	0%	6%	0%
Bordeaux Cherry	160	9	15%	6	0.3	29%	35	45	2%	16	5%	0	0%	14	2	10%	0%	6%	0%
Butter Pecan	180	11	17%	6	0.3	30%	35	90	4%	16	5%	0	0%	14	2	10%	0%	6%	0%
Butterscotch Ripple	160	10	15%	6	0.3	30%	35	70	3%	16	5%	0	0%	14	2	10%	0%	8%	0%
Candy Cane	200	12	19%	7	0.4	40%	35	40	2%	21	7%	0	0%	17	2	10%	0%	6%	0%
Cappuccino Almond	170	11	17%	6	0.3	29%	35	60	2%	16	5%	0	0%	13	3	10%	0%	8%	2%
Caramel Snappers	190	11	17%	7	0.3	36%	35	75	3%	19	6%	0	0%	16	2	10%	0%	8%	0%
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	9	15%	6	0.3	30%	35	40	2%	14	5%	0	0%	12	2	10%	0%	6%	4%
Chocolate Cherry Cheesecake	180	11	16%	7	0.3	34%	50	60	2%	19	6%	0	0%	16	2	10%	0%	8%	2%
Chocolate Chip Cookie Dough	180	11	17%	6	0.3	33%	35	55	2%	17	6%	0	0%	14	2	10%	0%	6%	2%
Chocolate Peanut Butter	190	12	19%	6	0.2	29%	30	80	3%	17	6%	1	4%	13	4	8%	0%	6%	4%
Chocolate Ripple	160	10	15%	6	0.3	30%	35	55	2%	16	5%	0	0%	14	2	10%	0%	6%	2%
Cookies & Cream	160	10	15%	6	0.5	31%	35	60	2%	16	5%	0	0%	13	2	10%	0%	6%	0%
Cotton Candy	160	9	14%	5	0.3	28%	30	45	2%	18	6%	0	0%	16	2	10%	0%	6%	0%
Creamy Orange	165	11	16%	6	0.3	33%	40	50	2%	15	5%	0	0%	13	2	10%	2%	8%	0%
Crème Brulee	170	9	14%	5	0.3	28%	30	40	2%	20	6%	0	0%	17	2	10%	0%	6%	0%
Death By Chocolate	160	9	15%	6	0.2	30%	30	45	2%	17	6%	0	0%	14	2	10%	0%	6%	4%
French Vanilla	160	11	16%	6	0.3	34%	35	35	1%	14	5%	0	0%	14	2	12%	0%	8%	0%
Gold Medal Ribbon	160	9	14%	6	0.3	30%	35	60	3%	16	5%	0	0%	13	2	10%	0%	8%	2%
Heavenly Hash	170	10	16%	6	0.2	29%	30	65	3%	17	6%	0	0%	13	3	8%	0%	6%	2%
Kodiak Island Fudge™	190	11	17%	7	0.3	35%	35	80	3%	19	6%	0	0%	16	2	10%	0%	8%	2%
Mango	150	9	15%	6	0.3	30%	35	40	2%	15	5%	0	0%	13	2	10%	2%	6%	0%
Maple Walnut	180	12	19%	6	0.3	31%	35	40	2%	14	4%	0	0%	11	3	10%	0%	8%	2%
Mint Chip	170	11	16%	6	0.3	33%	35	40	2%	16	5%	0	0%	14	2	10%	0%	6%	2%
Mocha Almond Fudge	170	11	16%	6	0.3	30%	35	50	2%	16	5%	0	0%	14	3	10%	0%	8%	2%
Moose Tracks®	200	13	20%	7	0.3	36%	35	60	2%	18	6%	0	0%	15	3	10%	0%	8%	0%
Muskoka Mocha	180	11	17%	6	0.3	34%	35	60	2%	19	6%	0	0%	16	2	10%	0%	6%	4%
Pistachio	160	10	15%	6	0.3	31%	35	45	2%	16	5%	0	0%	12	2	10%	0%	6%	0%
Pralines & Cream	170	10	15%	5	0.3	28%	35	180	8%	18	6%	0	0%	15	2	10%	0%	6%	0%
Pumpkin Pie	180	10	15%	6	0.2	32%	35	90	4%	19	6%	0	0%	13	2	10%	0%	6%	2%
Raspberry Ripple	160	10	16%	6	0.3	32%	35	45	2%	14	5%	0	0%	12	2	10%	0%	8%	0%
Rum & Raisin	150	9	14%	6	0.3	29%	35	50	2%	15	5%	0	0%	13	2	10%	0%	6%	0%
Strawberry	160	10	15%	6	0.3	30%	35	45	2%	16	5%	0	0%	14	2	10%	2%	6%	0%
Tiger	160	9	14%	6	0.3	29%	35	50	2%	16	5%	0	0%	14	2	10%	0%	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	160	11	16%	6	0.3	33%	40	45	2%	15	5%	0	0%	13	2	10%	0%	8%	0%
Wolf Paws™	180	11	16%	6	0.4	32%	40	65	3%	19	6%	0	0%	16	3	10%	0%	8%	0%
LIGHTER CHOICES																			
NSA (No Sugar Added) Vanilla	110	8	16%	5	0.2	25%	30	65	3%	15	5%	0	0%	5	3	8%	0%	10%	0%
Black Cherry Yogourt	110	2	3%	1	0.1	6%	10	65	3%	19	6%	0	0%	16	3	2%	0%	10%	2%
Chocolate Yogourt	120	3	4%	2	0.1	9%	10	75	3%	19	6%	0	0%	14	4	2%	2%	10%	0%
Mango & Peach	110	2	3%	1	0.1	6%	10	60	3%	19	6%	0	0%	17	3	2%	8%	10%	0%
Raspberry Yogourt	110	2	3%	1	0.1	6%	10	60	3%	21	7%	0	0%	18	3	2%	24%	10%	0%
Cranberry Sherbet	130	1	2%	0.5	0	3%	5	25	1%	28	9%	0	0%	23	1	2%	2%	2%	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	3%	5	20	1%	26	9%	0	0%	21	1	2%	0%	2%	0%