




UDF
ICE CREAM

 ICE CREAM - UNITED DAIRY FARMERS BRAND	Size	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Vanilla	One Dip	140	60	7	4	0	25	50	17	0	17	3
	Two Dip	280	120	14	8	0.5	50	95	34	0	34	5
	Three Dip	410	180	20	13	1	80	140	51	0	50	8
Chocolate	One Dip	140	60	7	4	0	25	40	18	<1	17	2
	Two Dip	280	120	14	8	0	50	80	36	2	33	5
	Three Dip	430	180	21	13	0.5	70	115	54	3	50	7
Strawberry	One Dip	140	50	6	3.5	0	25	35	19	0	19	2
	Two Dip	270	110	12	7	0	45	75	38	0	37	4
	Three Dip	410	160	18	11	0.5	70	110	57	<1	56	6
Golden Vanilla	One Dip	140	60	7	4	0	25	50	17	0	17	3
	Two Dip	280	120	14	8	0.5	50	95	34	0	34	5
	Three Dip	420	180	20	13	1	80	140	51	0	50	8
Chocolate Marshmallow	One Dip	150	50	5	3.5	0	25	35	23	<1	22	2
	Two Dip	300	100	11	7	0	50	70	46	1	44	4
	Three Dip	450	150	16	10	0.5	75	100	69	2	65	6
Fudge Nut Sundae	One Dip	160	70	8	5	0	20	60	20	<1	19	3
	Two Dip	320	140	16	10	0.5	40	115	40	1	38	6
	Three Dip	480	210	24	15	1	60	170	60	2	57	8
Peach	One Dip	130	50	6	3.5	0	20	35	18	0	18	2
	Two Dip	260	100	11	7	0	45	70	37	0	36	4
	Three Dip	390	150	17	10	0.5	65	105	55	<1	54	6
Superman	One Dip	130	60	7	4.5	0	20	45	17	0	16	2
	Two Dip	270	120	13	9	0	35	85	33	0	33	5
	Three Dip	400	180	20	14	0.5	55	130	50	0	49	7
Strawberry Cheesecake	One Dip	140	45	5	3	0	20	65	21	0	21	2
	Two Dip	280	90	10	6	0	40	125	42	0	41	4
	Three Dip	410	130	15	10	0.5	60	190	63	<1	62	6
Vanilla Orange	One Dip	110	30	3.5	2	0	15	30	19	0	19	2
	Two Dip	230	60	7	4.5	0	25	65	38	0	38	3
	Three Dip	340	90	11	7	0	40	95	57	0	57	5
Peppermint Stick	One Dip	150	60	7	4	0	25	45	19	0	19	2
	Two Dip	290	120	13	8	0.5	50	90	39	0	38	5
	Three Dip	440	170	20	13	1	75	140	58	0	57	7
Cotton Candy	One Dip	140	60	7	4.5	0	25	50	17	0	17	3
	Two Dip	280	120	14	9	0.5	50	95	34	0	34	5
	Three Dip	410	180	20	13	1	80	140	51	0	51	8


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Caramel Cone Crunch	One Dip	160	70	8	5	0	20	65	22	0	21	2
	Two Dip	330	140	15	11	0	45	130	43	< 1	42	5
	Three Dip	490	200	23	16	0.5	65	190	65	< 1	62	7
Fudge Brownie	One Dip	160	70	7	4.5	0	20	60	22	< 1	20	2
	Two Dip	320	130	15	9	0	45	115	44	1	39	5
	Three Dip	490	200	22	13	0.5	65	170	65	2	59	7
Blue Moo Cookie Dough	One Dip	150	60	7	4	0	25	55	20	< 1	18	3
	Two Dip	300	120	14	8	0.5	50	105	39	1	35	5
	Three Dip	450	180	21	13	1	70	160	59	2	53	8
Raspberry Cheesecake	One Dip	150	60	7	4	0	20	65	21	0	18	3
	Two Dip	310	120	13	8	0	40	130	42	0	37	5
	Three Dip	460	180	20	12	0.5	60	190	63	0	55	8
Mini PB Cups & Fudge	One Dip	190	90	10	6	0	20	105	20	< 1	19	4
	Two Dip	370	190	21	11	0	25	190	39	2	36	7
	Three Dip	560	280	31	17	0.5	55	310	61	3	56	11
Paintball Blast	One Dip	170	80	8	4	0	20	45	20	0	18	3
	Two Dip	340	160	16	8	0	45	95	40	0	36	5
	Three Dip	510	250	23	13	0.5	65	140	60	0	55	8
Dinosaur Egg	One Dip	170	70	8	5	0	25	60	21	0	20	3
	Two Dip	340	140	16	11	1	50	115	43	0	40	5
	Three Dip	500	220	24	16	1	70	170	64	0	60	8
Peanut Butter Chocolate Chip Cookie Dough	One Dip	180	90	10	4.5	0	20	105	20	< 1	17	4
	Two Dip	370	180	20	9	1	45	210	41	1	34	7
	Three Dip	550	270	31	13	1.5	65	320	61	2	51	11
Peppermint Stick Chocolate Chip	One Dip	160	70	8	4.5	0	25	45	20	0	19	2
	Two Dip	320	140	15	9	0.5	45	85	40	, 1	39	5
	Three Dip	470	210	23	14	1	70	130	60	< 1	58	7
S'More's	One Dip	160	60	7	4	0	20	50	23	0	21	2
	Two Dip	310	120	14	8	0	35	105	45	0	42	4
	Three Dip	470	180	20	13	0	55	160	68	1	63	6
Sugar Cookies	One Dip	170	80	9	4.5	0.5	25	50	20	0	18	2
	Two Dip	340	160	18	9	1	50	100	40	0	36	5
	Three Dip	510	240	27	13	1.5	70	150	60	0	54	7
Orange Sherbet	One Dip	120	10	1	0.5	0	< 5	25	26	0	26	1
	Two Dip	230	20	2	1.5	0	5	45	52	0	52	2
	Three Dip	350	25	3	2	0	10	70	78	0	78	3


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Pineapple Sherbet	One Dip	120	10	1	0.5	0	< 5	15	26	0	26	1
	Two Dip	230	15	2	1.5	0	5	35	52	0	51	2
	Three Dip	350	25	3	2	0	10	50	77	< 1	77	3
Rainbow Sherbet	One Dip	120	10	1	0.5	0	< 5	20	27	0	26	1
	Two Dip	240	20	2	1.5	0	10	40	54	0	53	2
	Three Dip	360	30	3	2	0	10	60	81	0	79	3
Strawberry Sherbet	One Dip	120	10	1	0.5	0	< 5	15	27	0	27	< 1
	Two Dip	240	15	2	1	0	5	30	54	< 1	54	2
	Three Dip	360	25	2.5	2	0	10	45	81	< 1	80	3
Monster Cookie	One Dip	150	60	7	4.5	0	25	45	21	0	18	2
	Two Dip	300	120	13	9	0	45	90	41	0	36	5
	Three Dip	440	180	20	13	0.5	70	135	62	< 1	55	7
75 Candles	One Dip	160	50	7	4	0	25	75	21	0	18	3
	Two Dip	310	110	15	8	0.5	45	150	41	< 1	36	6
	Three Dip	470	160	22	13	0.5	60	220	62	< 1	53	9
Fudgy Cows	One Dip	160	60	7	4.5	0	20	45	23	< 1	22	2
	Two Dip	330	120	14	9	0.5	45	95	47	1	45	4
	Three Dip	490	180	21	13	1	65	140	70	2	67	6
Black Walnut	One Dip	150	80	9	4	0	25	45	16	0	16	3
	Two Dip	310	150	17	8	0	50	90	33	< 1	32	7
	Three Dip	460	230	26	12	0.5	75	135	49	< 1	48	10

HOMEMADE BRAND ICE CREAM

 ICE CREAM - HOMEMADE BRAND	Size	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Vanilla	One Dip	160	70	8	5	0	40	50	19	0	19	3
	Two Dip	330	150	16	10	0.5	80	95	39	0	39	7
	Three Dip	490	220	25	15	1	120	140	58	0	58	10
Butter Pecan	One Dip	200	100	11	5	0	35	65	22	0	21	3
	Two Dip	400	200	23	10	0.5	75	135	43	< 1	42	7
	Three Dip	590	310	34	16	1	110	200	65	1	64	10
Chocolate Chip	One Dip	190	100	11	6	0	35	45	22	0	21	3
	Two Dip	380	190	21	12	0.5	75	90	43	< 1	42	7
	Three Dip	580	290	32	19	1	11	130	65	1	63	10
Cookies 'N Cream	One Dip	190	70	9	5	0	35	85	23	0	21	3
	Two Dip	370	130	18	10	0.5	70	170	47	< 1	41	7
	Three Dip	560	200	27	15	1	110	250	70	< 1	62	10
Black Raspberry Chip	One Dip	190	90	10	6	0	35	40	24	0	21	3
	Two Dip	380	180	20	11	0	70	85	47	< 1	43	6
	Three Dip	570	260	29	17	0.5	100	125	71	1	64	9
Cherry Cordial	One Dip	180	80	9	5	0	35	45	22	0	20	3
	Two Dip	360	160	18	11	0	70	90	44	< 1	41	6
	Three Dip	540	250	27	16	0.5	105	135	67	1	61	9
Mint Chocolate Chip	One Dip	190	100	11	6	0	35	45	22	0	21	3
	Two Dip	390	190	21	12	0.5	75	90	44	< 1	42	7
	Three Dip	580	290	32	19	1	110	130	66	1	63	10
Peanut Butter 'N Chip	One Dip	210	110	13	6	0	35	115	21	< 1	19	5
	Two Dip	420	220	25	12	0	70	230	42	2	38	10
	Three Dip	630	340	38	17	0.5	100	350	63	3	57	14
Chocolate Chip Cookie Dough	One Dip	190	90	10	6	0	35	65	24	0	21	3
	Two Dip	390	170	19	11	0.5	70	125	48	< 1	42	7
	Three Dip	580	260	29	17	1	105	190	73	< 1	63	10
Zebra Stripes	One Dip	180	70	8	5	0	35	90	25	0	22	3
	Two Dip	350	140	15	10	0	70	180	50	< 1	44	6
	Three Dip	540	210	23	14	0.5	105	270	75	< 1	66	9
Coconut Almond Chip	One Dip	210	100	12	7	0	35	70	22	1	20	4
	Two Dip	420	190	24	13	0	70	140	44	2	40	8
	Three Dip	630	290	37	20	0.5	105	210	65	3	61	13
Pumpkin Pie	One Dip	170	70	8	4.5	0	35	45	23	0	21	3
	Two Dip	340	140	15	9	0	70	90	46	< 1	42	6
	Three Dip	520	210	23	14	0.5	105	135	70	< 1	62	9

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Sea Salt Caramel	One Dip	190	70	8	5	0	35	105	27	0	24	3
	Two Dip	380	150	16	11	0	65	210	53	0	49	6
	Three Dip	570	220	25	16	0.5	100	310	80	0	73	8
Santa's Cookies	One Dip	210	110	11	5	0	35	50	24	0	21	3
	Two Dip	420	210	23	11	0.5	70	105	49	0	42	6
	Three Dip	630	310	34	16	1	105	150	73	0	63	9
Mint Cookies 'N Cream	One Dip	190	70	9	5	0	35	85	24	0	21	3
	Two Dip	370	130	18	10	0.5	70	170	47	< 1	41	7
	Three Dip	560	200	27	15	1	110	250	71	< 1	62	10
Peanut Butter Cookies 'N Cream	One Dip	210	90	12	5	0	35	150	23	< 1	19	5
	Two Dip	420	180	23	10	0	65	290	46	2	39	9
	Three Dip	630	270	35	15	0.5	100	440	69	2	58	14
Twisted Cookies 'N Cream	One Dip	200	80	9	6	0	30	75	26	< 1	23	3
	Two Dip	400	160	18	11	0	60	150	53	2	46	7
	Three Dip	600	250	28	17	0.5	90	230	79	3	69	10
Milk Chocolate Peanut Butter Cup	One Dip	220	110	13	6	0	35	125	21	1	19	5
	Two Dip	440	230	26	12	0	65	250	43	2	38	11
	Three Dip	660	340	39	19	0.5	100	380	64	4	57	16
Mocha Chunk	One Dip	190	90	10	7	0	35	45	22	0	21	3
	Two Dip	380	180	20	14	0.5	75	90	44	< 1	43	7
	Three Dip	570	270	30	21	1	110	135	66	1	64	10
Chocolate Truffle	One Dip	200	90	10	7	0	30	65	26	1	24	3
	Two Dip	410	180	20	13	0	60	130	51	3	47	7
	Three Dip	610	270	30	20	0.5	90	200	77	4	71	10
Tropical Truth	One Dip	160	70	8	5	0	25	30	19	0	18	2
	Two Dip	310	140	16	10	0.5	50	60	38	0	37	3
	Three Dip	470	210	24	15	1	75	90	57	90	57	0
Caramel Latte	One Dip	150	60	8	6	0	35	40	24	0	23	2
	Two Dip	310	130	17	11	0	70	85	47	< 1	45	4
	Three Dip	460	190	25	17	0.5	105	125	71	1	68	6
Butterscotch Cookies	One Dip	170	70	8	5	0	35	75	24	0	21	2
	Two Dip	340	140	16	10	0.5	70	150	48	0	43	4
	Three Dip	520	210	23	15	1	105	230	72	0	64	6