



UDF SUNDAES


 UDF SUNDAES	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)
Butterscotch	One Dip	270	90	10	7	0	30	135	41	0	33	3
	Two Dip	450	160	18	12	0	50	220	69	0	57	5
	King Size	780	270	31	20	0.5	90	390	121	0	96	9
Caramel	One Dip	270	90	10	7	0	30	115	41	0	34	3
	Two Dip	460	160	18	12	0	55	190	69	0	59	6
	King Size	790	270	31	21	0.5	95	340	120	0	101	9
Cherry	One Dip	230	90	10	7	0	30	100	34	0	31	3
	Two Dip	400	160	18	12	0	50	170	57	0	54	6
	King Size	680	270	30	20	0.5	90	290	97	0	92	9
Chocolate	One Dip	260	100	11	7	0	30	135	39	0	35	3
	Two Dip	450	170	19	12	0	50	220	66	< 1	59	6
	King Size	770	290	32	21	0.5	90	390	114	1	102	10
Hot Fudge	One Dip	280	130	15	11	0	30	120	34	< 1	31	4
	Two Dip	470	230	25	18	0	50	200	57	1	54	8
	King Size	820	400	45	32	0.5	90	360	97	2	90	13
Marshmallow	One Dip	250	90	10	7	0	30	100	38	0	33	3
	Two Dip	430	160	18	12	0	50	170	63	0	56	5
	King Size	730	270	30	20	0.5	90	300	110	0	96	8
Peach (Seasonal)	One Dip	210	90	10	7	0	30	75	27	0	26	3
	Two Dip	370	160	18	12	0	50	130	48	< 1	46	6
	King Size	610	270	30	20	0.5	90	220	79	1	75	9
Pineapple	One Dip	180	90	10	7	0	30	70	20	0	19	3
	Two Dip	320	160	18	12	0	50	120	37	0	35	5
	King Size	520	270	30	20	0.5	90	200	57	0	54	8
Strawberry	One Dip	210	90	10	7	0	30	70	28	0	26	3
	Two Dip	370	160	18	12	0	50	125	48	< 1	46	5
	King Size	610	270	30	20	0.5	90	210	79	1	75	9
Raspberry (Seasonal)	One Dip	220	90	10	7	0	30	70	29	0	27	3
	Two Dip	380	160	18	12	0	50	120	51	< 1	48	5
	King Size	630	270	30	20	0.5	90	200	84	1	80	9
UDF Sundaes Contains United Dairy Farmers Brand Vanilla Ice Cream, Syrup or Topping, Whipped Cream & a Maraschino Cherry												

HOMEMADE SUNDAES

 HOMEMADE SUNDAES	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)
Butterscotch	One Dip	290	100	12	8	0	60	130	43	0	34	3
	Two Dip	540	210	23	15	0.5	125	230	73	0	61	7
	King Size	870	310	35	23	1	185	390	125	0	101	10
Caramel	One Dip	300	100	12	8	0	65	115	42	0	36	4
	Two Dip	540	210	24	15	0.5	125	200	73	0	63	7
	King Size	880	310	36	23	1	190	340	124	0	105	11
Cherry	One Dip	260	100	11	7	0	60	100	35	0	33	4
	Two Dip	490	210	23	15	0.5	125	180	62	0	59	7
	King Size	770	310	35	22	1	185	290	101	0	97	11
Chocolate	One Dip	290	110	12	8	0	60	130	41	0	36	4
	Two Dip	540	220	24	15	0.5	125	230	70	<1	64	7
	King Size	860	330	37	23	1	185	390	119	1	107	11
Hot Fudge	One Dip	310	150	16	11	0	60	120	35	<1	32	5
	Two Dip	560	270	30	21	0.5	125	210	62	<1	58	9
	King Size	910	440	49	34	1	185	350	101	2	95	15
Marshmallow	One Dip	280	100	11	7	0	60	100	39	0	34	3
	Two Dip	510	210	23	15	0.5	125	180	68	0	60	7
	King Size	820	310	34	22	1	185	290	114	0	101	10
Peach (Seasonal)	One Dip	240	100	12	7	0	60	75	29	0	27	4
	Two Dip	460	210	23	15	0.5	125	140	53	<1	50	7
	King Size	700	310	35	22	1	185	210	83	1	80	11
Pineapple	One Dip	210	100	11	7	0	60	65	22	0	20	3
	Two Dip	410	210	23	15	0.5	125	130	42	0	39	7
	King Size	610	310	34	22	1	185	200	61	0	59	10
Strawberry	One Dip	240	100	11	7	0	60	70	29	0	27	4
	Two Dip	450	210	23	15	0.5	125	135	53	<1	50	7
	King Size	700	310	34	22	1	185	210	84	<1	80	11
Raspberry (Seasonal)	One Dip	240	100	11	7	0	60	70	31	0	29	3
	Two Dip	460	210	23	15	0.5	125	135	55	0	53	7
	King Size	720	310	34	22	1	185	200	88	<1	85	10

Homemade Brand Sundaes Contains Homemade Brand Vanilla Ice Cream, Syrup or Topping, Whipped Cream & a Maraschino Cherry

SPECIALTY SUNDAES

												
SPECIALTY SUNDAES	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)
Homemade Black Raspberry Chip Sundae	One Dip	340	160	18	12	0	45	115	40	1	36	5
	Two Dip	620	300	33	22	0.5	90	200	72	2	65	9
Homemade Butter Pecan Sundae	One Dip	340	170	19	11	0	50	140	39	1	36	5
	Two Dip	630	330	36	20	0.5	95	250	69	2	64	10
UDF Caramel Cone Crunch	One Dip	310	140	16	11	0	35	140	39	< 1	35	4
	Two Dip	560	260	29	21	0	65	250	69	1	63	8
UDF Chocolate Marshmallow Sundae	One Dip	260	90	10	6	0	35	95	39	< 1	33	3
	Two Dip	470	180	20	12	0	70	170	68	2	58	6
Homemade Cookies 'N Cream Sundae	One Dip	330	140	17	11	0	45	150	40	< 1	35	5
	Two Dip	600	260	32	21	0	85	280	72	2	63	10
Homemade Mint Chocolate Chip Sundae	One Dip	340	170	19	13	0	45	115	39	1	35	5
	Two Dip	620	320	35	23	0.5	90	200	69	2	63	10
Homemade Peanut Butter Sundae	One Dip	420	270	30	11	0	45	180	32	1	23	7
	Two Dip	750	470	52	21	0	90	310	59	2	45	13
UDF Peppermint Stick Hot Fudge Brownie Sundae	One Dip	500	240	27	14	2	60	230	61	1	49	6
	Two Dip	700	320	36	20	2.5	85	310	87	2	74	9
UDF Peppermint Stick Chocolate Chip Hot Fudge Brownie Sundae	One Dip	510	250	28	15	2	55	230	61	1	49	6
	Two Dip	720	340	38	22	2.5	70	300	88	2	74	9
Banana Split	Regular	660	250	28	14	0	65	290	94	3	78	10
	Large	790	300	34	18	0.5	85	330	112	3	96	12
Hawaiian Sundae	Regular	470	270	30	17	0	85	200	42	2	33	9
Hot Fudge Brownie Sundae	Regular	570	280	31	17	2	90	260	66	1	54	7
Superman Sundae	Regular	310	100	11	8	0	30	95	51	0	43	3
Turtle Sundae	Regular	660	320	36	18	0.5	115	210	76	2	67	9