



GELÁRE  
Vanilla Bean Ice Cream

<b>Nutrition Facts</b>			
Serving Size 1 scoop (100 g)			
Servings Per Container 1			
<b>Amount Per Serving</b>			
<b>Calories</b> 250	Calories from Fat 150		
<b>% Daily Value*</b>			
<b>Total Fat</b> 16g	<b>25%</b>		
Saturated Fat 11g	<b>55%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 80mg	<b>27%</b>		
<b>Sodium</b> 45mg	<b>2%</b>		
<b>Total Carbohydrate</b> 24g	<b>8%</b>		
Dietary Fiber 0g	<b>0%</b>		
Sugars 19g			
<b>Protein</b> 3g			
Vitamin A 10% ?	Vitamin C 0%		
Calcium 10% ?	Iron 0%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 ? Carbohydrate 4 ? Protein 4			

Ingredients: Whole Milk, Cream, Sugar, Corn Syrup Solids, Non-Fat Dry Milk, Egg Yolks, Maltodextrin, Background Flavor (*Brown Sugar, Corn Syrup, Water, Molasses, Natural Flavors, Salt*), Natural Vanilla, Stabilizers (*Guar Gum and Carrageenan*), Vanilla Bean Specks.



GELÁRE  
Strawberry Ice Cream

<b>Nutrition Facts</b>	
Serving Size 1 scoop (100 g)	
Servings Per Container 1	
<b>Amount Per Serving</b>	
<b>Calories</b> 240	Calories from Fat 120
<b>% Daily Value*</b>	
<b>Total Fat</b> 14g	<b>22%</b>
Saturated Fat 9g	<b>45%</b>
Trans Fat 0g	
<b>Cholesterol</b> 70mg	<b>23%</b>
<b>Sodium</b> 40mg	<b>2%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 21g	
<b>Protein</b> 3g	
Vitamin A 10% ?	Vitamin C 6%
Calcium 8% ?	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Sat Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 ? Carbohydrate 4 ? Protein 4	

Ingredients: Whole Milk, Cream, Sugar, Strawberry Ice Cream Base (*Strawberries, Sugar, Water, Corn Syrup, Organic Rice Starch, Natural Flavor, Red Beet Concentrate [Color], Citric Acid, Locust Bean Gum*), Strawberries (*Strawberries, Sugar, Water, Pectin*), *Red Beet Concentrate [Color], Citric Acid*), Corn Syrup Solids, Non-Fat Dry Milk, Egg Yolks, Maltodextrin, Natural Flavor, Stabilizers (*Guar Gum and Carrageenan*).



GELÁRE  
Chocolate Overload Ice Cream

<b>Nutrition Facts</b>	
Serving Size 1 scoop (100 g)	
Servings Per Container 1	
<b>Amount Per Serving</b>	
<b>Calories</b> 260	Calories from Fat 150
<b>% Daily Value*</b>	
<b>Total Fat</b> 17g	<b>26%</b>
Saturated Fat 11g	<b>55%</b>
Trans Fat 0g	
<b>Cholesterol</b> 70mg	<b>23%</b>
<b>Sodium</b> 35mg	<b>1%</b>
<b>Total Carbohydrate</b> 25g	<b>8%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 19g	
<b>Protein</b> 3g	
Vitamin A 10% ?	Vitamin C 0%
Calcium 6% ?	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Sat Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 ? Carbohydrate 4 ? Protein 4	

Ingredients: Whole Milk, Cream, Sugar, Cocoa processed with Alkali, Corn Syrup Solids, Chocolate Liquor Wafers, Egg Yolks, Maltodextrin, Non-Fat Dry Milk, Semi-Sweet Chocolate Chunks (*Sugar, Chocolate Liquor, Cocoa Butter, Butter Oil, Soy Lecithin, Vanillin [artificial flavor]*), Caramel Color, Stabilizers (*Guar Gum and Carrageenan*), Natural Vanilla, Natural Almond Flavor.



GELÁRE

Chocolate Chip Cookie Dough Ice Cream

# Nutrition Facts

Serving Size 1 scoop (100 g)

Servings Per Container 1

**Amount Per Serving**

**Calories** 270      Calories from Fat 150

**% Daily Value\***

**Total Fat** 16g      **25%**

**Saturated Fat** 10g      **50%**

**Trans Fat** 0g

**Cholesterol** 70mg      **23%**

**Sodium** 60mg      **3%**

**Total Carbohydrate** 29g      **10%**

**Dietary Fiber** 0g      **0%**

**Sugars** 22g

**Protein** 3g

Vitamin A 10%      ?      Vitamin C 0%

Calcium 8%      ?      Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 ? Carbohydrate 4 ? Protein 4

Ingredients: Whole Milk, Cream, Sugar, Cookie Dough Pieces (*Unenriched Wheat Flour, Sugar, Brown Sugar, Palm Oil, Water, Soybean Oil, Powdered Sugar [Sugar, Corn Starch], Chocolate Liquor, Salt, Cocoa Butter, Natural Flavor, Soy Lecithin, Baking Soda, Carotene [Color], Vitamin A Palmitate*), Corn Syrup Solids, Chocolate Chips (*Sugar, Cocoa, Cocoa Butter, Coconut Oil, Soy Lecithin*), Non-Fat Dry Milk, Background Flavour (*Brown Sugar, High Fructose Corn Syrup, Water, Natural Flavours, Molasses and Sugar*), Egg Yolks, Maltodextrin, Stabilizers (*Guar Gum and Carrageenan*), Natural Vanilla, Natural Flavors.



GELÁRE  
Jamaican Chocolate Ice Cream

<b>Nutrition Facts</b>	
Serving Size 1 scoop (100 g)	
Servings Per Container 1	
<b>Amount Per Serving</b>	
<b>Calories</b> 280	Calories from Fat 160
<b>% Daily Value*</b>	
<b>Total Fat</b> 18g	<b>28%</b>
Saturated Fat 11g	<b>55%</b>
Trans Fat 0g	
<b>Cholesterol</b> 70mg	<b>23%</b>
<b>Sodium</b> 50mg	<b>2%</b>
<b>Total Carbohydrate</b> 25g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 20g	
<b>Protein</b> 4g	
Vitamin A 10% ?	Vitamin C 0%
Calcium 8% ?	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Sat Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 ? Carbohydrate 4 ? Protein 4	

Ingredients: Whole Milk, Cream, Sugar, Chocolate Flakes (*Sugar, Coconut Oil, Cocoa processed with Alkali, Partially Hydrogenated Coconut Oil, Cocoa, Salt, Soy Lecithin [emulsifier], Natural Flavor*), Semi-Sweet Chocolate Chunks (*Sugar, Chocolate Liquor, Cocoa Butter, Butter Oil, Lecithin [emulsifier], Vanillin [artificial flavor]*), Corn Syrup Solids, Almonds (*Almonds, Cottonseed Oil*), Non-Fat Dry Milk, Egg Yolks, Maltodextrin, Cocoa processed with Alkali, Chocolate Liquor Wafers, Stabilizers (*Guar Gum and Carrageenan*), Caramel Color, Natural Almond Flavor.



GELÁRE  
Macadamia Nut

<b>Nutrition Facts</b>	
Serving Size 1 scoop (100 g)	
Servings Per Container 1	
<b>Amount Per Serving</b>	
<b>Calories</b> 270	Calories from Fat 170
<b>% Daily Value*</b>	
<b>Total Fat</b> 19g	<b>29%</b>
Saturated Fat 11g	<b>55%</b>
Trans Fat 0g	
<b>Cholesterol</b> 80mg	<b>27%</b>
<b>Sodium</b> 60mg	<b>3%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 18g	
<b>Protein</b> 3g	
Vitamin A 10% ?	Vitamin C 0%
Calcium 10% ?	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Sat Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 ? Carbohydrate 4 ? Protein 4	

Ingredients: Whole Milk, Cream, Sugar, Corn Syrup Solids, Roasted Macadamia Nuts (*Macadamia Nuts, Cottonseed Oil*), Non-Fat Dry Milk, Egg Yolks, Maltodextrin, Natural Nut Flavors (*Contains Walnut*), Stabilizers (*Guar Gum and Carrageenan*).



GELÁRE  
Cookies-N-Cream Ice Cream

<b>Nutrition Facts</b>	
Serving Size 1 scoop (100 g)	
Servings Per Container 1	
<b>Amount Per Serving</b>	
<b>Calories</b> 270	Calories from Fat 150
<b>% Daily Value*</b>	
<b>Total Fat</b> 16g	<b>25%</b>
Saturated Fat 10g	<b>50%</b>
Trans Fat 0g	
<b>Cholesterol</b> 75mg	<b>25%</b>
<b>Sodium</b> 70mg	<b>3%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 20g	
<b>Protein</b> 3g	
Vitamin A 10% ?	Vitamin C 0%
Calcium 10% ?	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Sat Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 ? Carbohydrate 4 ? Protein 4	

Ingredients: Whole Milk, Cream, Sugar, Chocolate Cookie Pieces (*Sugar, Enriched Flour [Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Vegetable Oil [Soybean, Palm and Palm Kernel Oil], Yellow Corn Flour, Cocoa processed with Alkali, Dextrose, Invert Sugar, Milk Chocolate, Leavening [Baking Soda, Monocalcium Phosphate], Salt, Corn Starch, Natural Vanilla Flavor, Soy Lecithin*), Corn Syrup Solids, Non-Fat Dry Milk, Egg Yolks, Maltodextrin, Natural Vanilla, Natural Flavors, Stabilizers (*Guar Gum and Carrageenan*).



GELÁRE  
Swiss Chocolate Caramel

<b>Nutrition Facts</b>	
Serving Size 1 scoop (100 g)	
Servings Per Container 1	
<b>Amount Per Serving</b>	
<b>Calories</b> 260	Calories from Fat 140
<b>% Daily Value*</b>	
<b>Total Fat</b> 15g	<b>23%</b>
Saturated Fat 10g	<b>50%</b>
Trans Fat 0g	
<b>Cholesterol</b> 75mg	<b>25%</b>
<b>Sodium</b> 55mg	<b>2%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 21g	
<b>Protein</b> 3g	
Vitamin A 10% ?	Vitamin C 0%
Calcium 10% ?	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 ? Carbohydrate 4 ? Protein 4	

Ingredients: Whole Milk, Cream, Sugar, Caramel Swirl (*Corn Syrup, Low-Fat Milk, Water, Sugar, Non-Fat Dry Milk, Butter, Pectin, Sodium Citrate, Salt, Soy Lecithin*), Corn Syrup Solids, Semi-Sweet Chocolate Chunks (*Sugar, Chocolate Liquor, Cocoa Butter, Butter Oil, Soy Lecithin, Vanillin [artificial flavor]*), Non-Fat Dry Milk, Egg Yolks, Maltodextrin, Cocoa processed with Alkali, Natural Caramel Flavor, Chocolate Liquor Wafers, Stabilizers (*Guar Gum and Carrageenan*), Caramel Color.



GELÁRE  
Rum Raisin Ice Cream

<b>Nutrition Facts</b>	
Serving Size 1 scoop (100 g)	
Servings Per Container 1	
<b>Amount Per Serving</b>	
<b>Calories</b> 250	Calories from Fat 130
<b>% Daily Value*</b>	
<b>Total Fat</b> 14g	<b>22%</b>
Saturated Fat 9g	<b>45%</b>
Trans Fat 0g	
<b>Cholesterol</b> 70mg	<b>23%</b>
<b>Sodium</b> 40mg	<b>2%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 19g	
<b>Protein</b> 3g	
Vitamin A 10% ?	Vitamin C 0%
Calcium 8% ?	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Sat Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 ? Carbohydrate 4 ? Protein 4	

Ingredients: Whole Milk, Cream, Sugar, Rum Raisins (Water, Raisins, Corn Syrup, Sugar, Modified Food Starch, Ethanol, Propylene Glycol, Sodium Benzoate [preservative], Potassium Sorbate [preservative], Salt, Caramel Color), Corn Syrup Solids, Non-Fat Dry Milk, Egg Yolks, Maltodextrin, Natural Flavors, Stabilizers (Guar Gum and Carrageenan).



GELÁRE  
Cappuccino Ice Cream

<b>Nutrition Facts</b>			
Serving Size 1 scoop (100 g)			
Servings Per Container 1			
<b>Amount Per Serving</b>			
<b>Calories</b> 250	Calories from Fat 150		
<b>% Daily Value*</b>			
<b>Total Fat</b> 16g	<b>25%</b>		
Saturated Fat 11g	<b>55%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 80mg	<b>27%</b>		
<b>Sodium</b> 45mg	<b>2%</b>		
<b>Total Carbohydrate</b> 23g	<b>8%</b>		
Dietary Fiber 0g	<b>0%</b>		
Sugars 19g			
<b>Protein</b> 3g			
Vitamin A 10% ?	Vitamin C 0%		
Calcium 10% ?	Iron 0%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 ? Carbohydrate 4 ? Protein 4			

Ingredients: Whole Milk, Cream, Sugar, Corn Syrup Solids, Non-Fat Dry Milk, Egg Yolks, Natural & Artificial Cappuccino Flavors, Maltodextrin, Stabilizers (*Guar Gum and Carrageenan*).



GELÁRE  
Butter Pecan Ice Cream

<b>Nutrition Facts</b>	
Serving Size 1 scoop (100 g)	
Servings Per Container 1	
<b>Amount Per Serving</b>	
<b>Calories</b> 270	Calories from Fat 170
<b>% Daily Value*</b>	
<b>Total Fat</b> 19g	<b>29%</b>
Saturated Fat 11g	<b>55%</b>
Trans Fat 0g	
<b>Cholesterol</b> 80mg	<b>27%</b>
<b>Sodium</b> 55mg	<b>2%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 18g	
<b>Protein</b> 3g	
Vitamin A 10% ?	Vitamin C 0%
Calcium 10% ?	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 ? Carbohydrate 4 ? Protein 4	

Ingredients: Whole Milk, Cream, Sugar, Roasted Pecans (*Pecans, Cottonseed Oil*), Corn Syrup Solids, Non-Fat Dry Milk, Egg Yolks, Maltodextrin, Natural Maple Flavors, Stabilizers (*Guar Gum and Carrageenan*), Natural Nut Flavors (*Contains Walnut*).



GELARE  
Passion Fruit Ice Cream

<b>Nutrition Facts</b>	
Serving Size 1 scoop (100 g)	
Servings Per Container 1	
<b>Amount Per Serving</b>	
<b>Calories</b> 250	Calories from Fat 130
<b>% Daily Value*</b>	
<b>Total Fat</b> 15g	<b>23%</b>
Saturated Fat 10g	<b>50%</b>
Trans Fat 0g	
<b>Cholesterol</b> 75mg	<b>25%</b>
<b>Sodium</b> 45mg	<b>2%</b>
<b>Total Carbohydrate</b> 25g	<b>8%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 20g	
<b>Protein</b> 3g	
Vitamin A 15%	?  Vitamin C 4%
Calcium 8%	?  Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Sat Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 ? Carbohydrate 4 ? Protein 4	

Ingredients: Whole Milk, Cream, Sugar, Passion Fruit Juice, Corn Syrup Solids, Passion Fruit Flavor, (*Water, Natural Flavors, High Fructose Corn Syrup, Ethyl Alcohol and Citric Acid*), Non-Fat Dry Milk, Egg Yolks, Maltodextrin, Stabilizers (*Guar Gum and Carrageenan*).



GELÁRE  
Banana Ice Cream

<b>Nutrition Facts</b>	
Serving Size 1 scoop (100 g)	
Servings Per Container 1	
<b>Amount Per Serving</b>	
<b>Calories</b> 250	Calories from Fat 140
<b>% Daily Value*</b>	
<b>Total Fat</b> 16g	<b>25%</b>
Saturated Fat 10g	<b>50%</b>
Trans Fat 0g	
<b>Cholesterol</b> 80mg	<b>27%</b>
<b>Sodium</b> 45mg	<b>2%</b>
<b>Total Carbohydrate</b> 24g	<b>8%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 20g	
<b>Protein</b> 3g	
Vitamin A 10% ?	Vitamin C 0%
Calcium 10% ?	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 ? Carbohydrate 4 ? Protein 4	

Ingredients: Whole Milk, Cream, Sugar, Banana Puree (*Bananas, Sugar, Salt, Ascorbic Acid*), Corn Syrup Solids, Non-Fat Dry Milk, Egg Yolks, Maltodextrin, Stabilizers (*Guar Gum and Carrageenan*), Natural Banana Flavor.



GELÁRE  
Chocolate Chip Ice Cream

<b>Nutrition Facts</b>	
Serving Size 1 scoop (100 g)	
Servings Per Container 1	
<b>Amount Per Serving</b>	
<b>Calories</b> 280	Calories from Fat 160
<b>% Daily Value*</b>	
<b>Total Fat</b> 18g	<b>28%</b>
Saturated Fat 12g	<b>60%</b>
Trans Fat 0g	
<b>Cholesterol</b> 75mg	<b>25%</b>
<b>Sodium</b> 75mg	<b>3%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 22g	
<b>Protein</b> 3g	
Vitamin A 10% ?	Vitamin C 0%
Calcium 10% ?	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 ? Carbohydrate 4 ? Protein 4	

Ingredients: Whole Milk, Cream, Sugar, Chocolate Chunks (*Sugar, Coconut Oil, Cocoa Processed with Alkali, Partially Hydrogenated Coconut Oil, Cocoa, Soy Lecithin, Natural Flavor*), Corn Syrup Solids, Non-Fat Dry Milk, Egg Yolks, Maltodextrin, Natural Vanilla, Natural Flavors, Stabilizers (*Guar Gum and Carrageenan*).



GELÁRE  
Banana Walnut Ice Cream

<b>Nutrition Facts</b>			
Serving Size 1 scoop (100 g)			
Servings Per Container 1			
<b>Amount Per Serving</b>			
<b>Calories</b> 270	Calories from Fat 160		
<b>% Daily Value*</b>			
<b>Total Fat</b> 18g	<b>28%</b>		
Saturated Fat 10g	<b>50%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 75mg	<b>25%</b>		
<b>Sodium</b> 45mg	<b>2%</b>		
<b>Total Carbohydrate</b> 24g	<b>8%</b>		
Dietary Fiber 1g	<b>4%</b>		
Sugars 19g			
<b>Protein</b> 4g			
Vitamin A 10% ?	Vitamin C 0%		
Calcium 10% ?	Iron 0%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 ? Carbohydrate 4 ? Protein 4			

Ingredients: Whole Milk, Cream, Sugar, Dry Roasted Walnuts, Banana Puree (*Bananas, Sugar, Salt, Ascorbic Acid*), Corn Syrup Solids, Non-Fat Dry Milk, Egg Yolks, Maltodextrin, Stabilizers (*Guar Gum and Carrageenan*), Natural Banana Flavor.



GELÁRE  
 Pralines-N-Cream Ice Cream

<b>Nutrition Facts</b>			
Serving Size 1 scoop (100 g)			
Servings Per Container 1			
<b>Amount Per Serving</b>			
<b>Calories</b> 270	Calories from Fat 140		
<b>% Daily Value*</b>			
<b>Total Fat</b> 16g	<b>25%</b>		
Saturated Fat 10g	<b>50%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 75mg	<b>25%</b>		
<b>Sodium</b> 100mg	<b>4%</b>		
<b>Total Carbohydrate</b> 28g	<b>9%</b>		
Dietary Fiber 0g	<b>0%</b>		
Sugars 23g			
<b>Protein</b> 3g			
Vitamin A 10% ?	Vitamin C 0%		
Calcium 10% ?	Iron 0%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 ? Carbohydrate 4 ? Protein 4			

Ingredients: Whole Milk, Cream, Sugar, Caramel Swirl (*Corn Syrup, Low-Fat Milk, Water, Sugar, Non-Fat Dry Milk, Butter, Pectin, Sodium Citrate, Salt, Soy Lecithin*), Praline Pecans (*Sugar, Pecans, Butter, Corn Syrup, Salt, Caramel Color*), Corn Syrup Solids, Non-Fat Dry Milk, Egg Yolks, Maltodextrin, Natural Nut Flavors (*Contains Walnuts*), Natural Butter Flavor, Stabilizers (*Guar Gum and Carrageenan*).



GELĀRE  
Tropical Mango Ice Cream

<b>Nutrition Facts</b>			
Serving Size 1 scoop (100 g)			
Servings Per Container 1			
<b>Amount Per Serving</b>			
<b>Calories</b> 230	Calories from Fat 130		
<b>% Daily Value*</b>			
<b>Total Fat</b> 14g	<b>22%</b>		
Saturated Fat 9g	<b>45%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 70mg	<b>23%</b>		
<b>Sodium</b> 40mg	<b>2%</b>		
<b>Total Carbohydrate</b> 23g	<b>8%</b>		
Dietary Fiber 0g	<b>0%</b>		
Sugars 19g			
<b>Protein</b> 3g			
Vitamin A 20% ?	Vitamin C 6%		
Calcium 8% ?	Iron 0%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 ? Carbohydrate 4 ? Protein 4			

Ingredients: Whole Milk, Cream, Sugar, Mango Puree, Corn Syrup Solids, Natural Mango Flavor, Non-Fat Dry Milk, Lime Juice, Egg Yolks, Maltodextrin, Stabilizers (*Guar Gum and Carrageenan*).



GELĀRE  
Persian Rosewater Delight

<b>Nutrition Facts</b>	
Serving Size 1 scoop (100 g)	
Servings Per Container 1	
<b>Amount Per Serving</b>	
<b>Calories</b> 250	Calories from Fat 150
<b>% Daily Value*</b>	
<b>Total Fat</b> 17g	<b>26%</b>
Saturated Fat 11g	<b>55%</b>
Trans Fat 0g	
<b>Cholesterol</b> 80mg	<b>27%</b>
<b>Sodium</b> 50mg	<b>2%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 18g	
<b>Protein</b> 3g	
Vitamin A 10% ?	Vitamin C 0%
Calcium 10% ?	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Sat Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 ? Carbohydrate 4 ? Protein 4	

Ingredients: Whole Milk, Cream, Sugar, Corn Syrup Solids, Roasted Pistachios (*Pistachios, Cottonseed Oil, Salt*), Non-Fat Dry Milk, Egg Yolks, Maltodextrin, Natural Rose Water Flavor, Yellow Color, Stabilizers (*Guar gum and Carrageenan*), Natural Bergamot Oil, Organic Sea Salt.



GELÁRE  
Oregon Mint Fudge Ice Cream

<b>Nutrition Facts</b>	
Serving Size 1 scoop (100 g)	
Servings Per Container 1	
<b>Amount Per Serving</b>	
<b>Calories</b> 260	Calories from Fat 140
<b>% Daily Value*</b>	
<b>Total Fat</b> 16g	<b>25%</b>
Saturated Fat 11g	<b>55%</b>
Trans Fat 0g	
<b>Cholesterol</b> 75mg	<b>25%</b>
<b>Sodium</b> 60mg	<b>3%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 22g	
<b>Protein</b> 3g	
Vitamin A 10% ?	Vitamin C 0%
Calcium 8% ?	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 ? Carbohydrate 4 ? Protein 4	

Ingredients: Whole Milk, Cream, Sugar, Fudge Swirl (*Corn Syrup, Water, Sugar, Chocolate Liquor, Organic Cocoa processed with Alkali, Organic Tapioca Starch, Guar Gum, Natural Flavor, Salt*), Corn Syrup Solids, Chocolate Flakes (*Sugar, Coconut Oil, Cocoa processed with Alkali, Partially Hydrogenated Coconut Oil, Cocoa, Salt, Soy Lecithin [emulsifier], Natural Flavor*), Non-Fat Dry Milk, Egg Yolks, Maltodextrin, Stabilizers (*Guar Gum and Carrageenan*), Peppermint Oil.



GELÁRE  
Green Tea Ice Cream

<b>Nutrition Facts</b>			
Serving Size 1 scoop (100 g)			
Servings Per Container 1			
<b>Amount Per Serving</b>			
<b>Calories</b> 250	Calories from Fat 140		
<b>% Daily Value*</b>			
<b>Total Fat</b> 16g	<b>25%</b>		
Saturated Fat 11g	<b>55%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 80mg	<b>27%</b>		
<b>Sodium</b> 45mg	<b>2%</b>		
<b>Total Carbohydrate</b> 23g	<b>8%</b>		
Dietary Fiber 0g	<b>0%</b>		
Sugars 19g			
<b>Protein</b> 3g			
Vitamin A 10% ?	Vitamin C 0%		
Calcium 10% ?	Iron 0%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 ? Carbohydrate 4 ? Protein 4			

Ingredients: Whole Milk, Cream, Sugar, Corn Syrup Solids, Natural Green Tea Flavor, Non-Fat Dry Milk, Egg Yolks, Maltodextrin, Stabilizers (*Guar Gum and Carrageenan*), Natural Green Tea Powder, Green Tea Color #17 (*Curcumin and Blue Dye #1*).



GELÁRE

Tiramisu Ice Cream

# Nutrition Facts

Serving Size 1 scoop (100 g)

Servings Per Container 1

**Amount Per Serving**

**Calories** 260      Calories from Fat 140

**% Daily Value\***

**Total Fat** 15g      **23%**

**Saturated Fat** 10g      **50%**

**Trans Fat** 0g

**Cholesterol** 70mg      **23%**

**Sodium** 95mg      **4%**

**Total Carbohydrate** 29g      **10%**

**Dietary Fiber** 0g      **0%**

**Sugars** 23g

**Protein** 3g

**Vitamin A** 10%      ?      **Vitamin C** 0%

**Calcium** 8%      ?      **Iron** 0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 ? Carbohydrate 4 ? Protein 4

Ingredients: Whole Milk, Cream, Cappuccino Swirl (*Water, Corn Syrup, Sugar, High Fructose Corn Syrup, Tapioca Starch, Dried Coffee, Butter, Cocoa, Partially Hydrogenated Soybean Oil, Salt, Natural Flavor, Cinnamon, Potassium Sorbate [preservative]*), Sugar, Corn Syrup Solids, Lady Finger Wafers (*Wheat Flour, Sugar, Vegetable Shortening, Corn Starch, Vanilla, Coconut Oil*), Non-Fat Dry Milk, Egg Yolks, Maltodextrin, Natural Tiramisu Flavor (*Natural Flavor, Water, Dried Coffee, Sugar, Cocoa, Salt, Cinnamon, Xanthan Gum*), Stabilizers (*Guar Gum and Carrageenan*).



GELÁRE  
Pistachio Ice Cream

<b>Nutrition Facts</b>	
Serving Size 1 scoop (100 g)	
Servings Per Container 1	
<b>Amount Per Serving</b>	
<b>Calories</b> 260	Calories from Fat 150
<b>% Daily Value*</b>	
<b>Total Fat</b> 17g	<b>26%</b>
Saturated Fat 11g	<b>55%</b>
Trans Fat 0g	
<b>Cholesterol</b> 80mg	<b>27%</b>
<b>Sodium</b> 50mg	<b>2%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 18g	
<b>Protein</b> 3g	
Vitamin A 10% ?	Vitamin C 0%
Calcium 10% ?	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Sat Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 ? Carbohydrate 4 ? Protein 4	

Ingredients: Whole Milk, Cream, Sugar, Corn Syrup Solids, Roasted Pistachios (*Pistachios, Cottonseed Oil, Salt*), Non-Fat Dry Milk, Egg Yolk, Maltodextrin, Hazelnut Butter, Natural Pistachio Flavor, Stabilizers (*Guar Gum and Carrageen*), Mint Green Color (*Turmeric Extract, Blue Dye #1*).



GELÁRE  
Mocha Chip Ice Cream

<b>Nutrition Facts</b>			
Serving Size 1 scoop (100 g)			
Servings Per Container 1			
<b>Amount Per Serving</b>			
<b>Calories</b> 270	Calories from Fat 160		
<b>% Daily Value*</b>			
<b>Total Fat</b> 17g	<b>26%</b>		
Saturated Fat 12g	<b>60%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 75mg	<b>25%</b>		
<b>Sodium</b> 70mg	<b>3%</b>		
<b>Total Carbohydrate</b> 26g	<b>9%</b>		
Dietary Fiber 0g	<b>0%</b>		
Sugars 21g			
<b>Protein</b> 3g			
Vitamin A 10% ?	Vitamin C 0%		
Calcium 10% ?	Iron 0%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 ? Carbohydrate 4 ? Protein 4			

Ingredients: Whole Milk, Cream, Sugar, Chocolate Espresso Flakes (*Sugar, Coconut Oil, Cocoa processed with Alkali, Partially Hydrogenated Coconut Oil, Cocoa, Coffee, Salt, Soy Lecithin, Natural Flavor*), Corn Syrup Solids, Non-Fat Dry Milk, Egg Yolks, Maltodextrin, Natural Irish Mocha Flavor, Natural Caramel Color, Coffee, Stabilizers (*Guar Gum and Carrageenan*).



GELÁRE  
Honey Malt Crunch

<b>Nutrition Facts</b>	
Serving Size 1 scoop (100 g)	
Servings Per Container 1	
<b>Amount Per Serving</b>	
<b>Calories</b> 280	Calories from Fat 150
<b>% Daily Value*</b>	
<b>Total Fat</b> 17g	<b>26%</b>
Saturated Fat 10g	<b>50%</b>
Trans Fat 0g	
<b>Cholesterol</b> 70mg	<b>23%</b>
<b>Sodium</b> 100mg	<b>4%</b>
<b>Total Carbohydrate</b> 29g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 24g	
<b>Protein</b> 3g	
Vitamin A 10% ?	Vitamin C 0%
Calcium 8% ?	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 ? Carbohydrate 4 ? Protein 4	

Ingredients: Whole Milk, Cream, Sugar, Honey Malt (*Corn Syrup, Honey, Water, Sugar, Natural Flavors*), Graham Crackers (*Enriched Flour, Whole Wheat Flour, Sugar, Hydrogenated Soybean and Cottonseed Oils, High Fructose Corn Syrup, Molasses, Honey, Salt, Sodium Bicarbonate, Soybean Oil, Sugar, Coconut Oil, Mono- and Diglycerides, Salt, Soy Lecithin*), Corn Syrup Solids, Non-Fat Dry Milk, Egg Yolks, Maltodextrin, Stabilizers (*Guar Gum and Carrageenan*).



GELÁRE  
 Brandied Cherry Explosion Ice Cream

<b>Nutrition Facts</b>			
Serving Size 1 scoop (100 g)			
Servings Per Container 1			
<b>Amount Per Serving</b>			
<b>Calories</b> 240	Calories from Fat 130		
<b>% Daily Value*</b>			
<b>Total Fat</b> 15g	<b>23%</b>		
Saturated Fat 13g	<b>65%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 75mg	<b>25%</b>		
<b>Sodium</b> 40mg	<b>2%</b>		
<b>Total Carbohydrate</b> 25g	<b>8%</b>		
Dietary Fiber 0g	<b>0%</b>		
Sugars 20g			
<b>Protein</b> 3g			
Vitamin A 10% ?	Vitamin C 0%		
Calcium 10% ?	Iron 0%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 ? Carbohydrate 4 ? Protein 4			

Ingredients: Whole Milk, Cream, Sugar, Royal Bing Cherries (*Cherries, Water, Corn Syrup, Sugar, Citric Acid, Sodium Benzoate [preservative], Potassium Sorbate [preservative]*), Corn Syrup Solids, Non-Fat Dry Milk, Egg Yolks, Maltodextrin, Artificial Black Cherry Flavor (*Contains Red Dye #40, Blue Dye #1*), Natural Brandy Flavor, Stabilizers (*Guar gum and Carrageenan*).



GELÁRE  
Caramel Fudge Brownie

<b>Nutrition Facts</b>	
Serving Size 1 scoop (100 g)	
Servings Per Container 1	
<b>Amount Per Serving</b>	
<b>Calories</b> 270	Calories from Fat 140
<b>% Daily Value*</b>	
<b>Total Fat</b> 16g	<b>25%</b>
Saturated Fat 10g	<b>50%</b>
Trans Fat 0g	
<b>Cholesterol</b> 65mg	<b>22%</b>
<b>Sodium</b> 45mg	<b>2%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 22g	
<b>Protein</b> 3g	
Vitamin A 10% ?	Vitamin C 0%
Calcium 6% ?	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 ? Carbohydrate 4 ? Protein 4	

Ingredients: Whole Milk, Cream, Sugar, Caramel Swirl (*Corn Syrup, Low-Fat Milk, Water, Sugar, Non-Fat Dry Milk, Butter, Pectin, Sodium Citrate, Salt, Soy Lecithin*), Brownie Bits (*Sugar, Unenriched Wheat Flour, Powdered Sugar [Sugar, Corn Starch], Cocoa processed with Alkali, Water, Palm Kernel Oil, Soybean Oil, Non-Fat Dry Milk, Soy Lecithin, Natural Flavor*), Cocoa processed with Alkali, Corn Syrup Solids, Chocolate Liquor Wafers, Egg Yolks, Maltodextrin, Non-Fat Dry Milk, Semi-Sweet Chocolate Chunks (*Sugar, Chocolate Liquor, Cocoa Butter, Butter Oil, Soy Lecithin, Vanillin [artificial flavor]*), Stabilizers (*Guar gum and Carrageenan*), Natural Vanilla, Natural Flavors.