

These calculations are based on a four ounce (by weight) portion.

The following is believed to be accurate, but remember, recipes change and so do ingredients.

	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Protein (g)	Calcium (mg)
*Lappert's Ice Cream Mix: CREAM, SKIM MILK, BUTTERMILK, MILK, SUGAR, CORN SYRUP, WHEY, STABILIZER (GUAR GUM, LOCUST BEAN GUM).	190	110	12	7	50	55	25	3	90
Blueberry Cheesecake: *ICE CREAM MIX, BLUEBERRY PUREE (BLUEBERRIES, SUGAR, WATER, FOOD STARCH, NATURAL FLAVORS, LEMON JUICE, MALIC ACID, PHOSPHORIC ACID, SODIUM BENZOATE), CHEESECAKE BASE (CORN SYRUP, WATER, SUGAR, FOOD STARCH, CHEESE, NATURAL FLAVOR, CITRIC ACID, SODIUM BENZOATE, POTASSIUM SORBATE, NATURAL COLOR).									
Rum Raisin: *ICE CREAM MIX, RAISINS, JAMAICAN RUM, NATURAL FLAVOR, ANNATO.									
Bing Cherry Cordial: *ICE CREAM MIX, BING CHERRIES, DARK SEMI SWEET CHOCOLATE, VANILLA EXTRACT, VANILLA SUGAR NATURAL FLAVOR									
Cafe Caramel: *ICE CREAM MIX, CARAMEL RIBBON (WATER, SUGAR, SWEET AND CONDENSED MILK, BUTTER, BUTTERMILK, NON FAT MILK SOLIDS, NATURAL FLAVORS, SALT, LECITHIN, CARAMEL COLOR, XANTHAN GUM, ANNATTO), MACADAMIA NUTS, TOASTED COCONUT, NATURAL NUT FLAVOR, COFFEE, VANILLA, NATURAL FLAVOR.									
Butter Pecan: *ICE CREAM MIX, ROASTED PECANS, NATURAL NUT FLAVOR, BUTTERSCOTCH FLAVOR, ANNATTO SEED ADDED FOR COLOR.									
Caramel Coconut Macadamia Nut: *ICE CREAM MIX, CARAMEL RIBBON (WATER, SUGAR, SWEET AND CONDENSED MILK, BUTTER, BUTTERMILK, NON FAT MILK SOLIDS, NATURAL FLAVORS, SALT, LECITHIN, CARAMEL COLOR, XANTHAN GUM, ANNATTO), MACADAMIA NUTS, TOASTED COCONUT, NATURAL NUT FLAVOR.									
White Chocolate Macadamia Nut: *ICE CREAM MIX, WHITE CHOCOLATE BASE (SUGAR, COCOA BUTTER, WHOLE MILK POWDER, SOY LECITHIN, VANILLA, PECTIN, DEXTROSE, SODIUM CITRATE, GUM ARABIC, NATURAL FLAVOR), MACADAMIA NUTS, WHITE CHOCOLATE CHUNKS, NATURAL FLAVOR, NATURAL COLOR									
Coconut Macadamia Nut Fudge: *ICE CREAM MIX, MACADAMIA NUTS, CHOCOLATE FUDGE (FRESH WHOLE MILK, CHOCOLATE LIQUOR, CORN SWEETENER, CARAGEENAN, POTASSIUM SORBATE, SALT, BAKING SODA, VANILLA), TOASTED COCONUT, NATURAL NUT FLAVOR, CARAMEL COLOR, ANNATTO SEED.									
Chocolate: *ICE CREAM MIX, COCOA, VANILLA.									
Chocolate Chip: *ICE CREAM MIX, DARK CHOCOLATE CHIPS, VANILLA .									
Chocolate Macadamia Nut: *ICE CREAM MIX, MACADAMIA NUTS, COCOA.									
Coconut Pineapple: *ICE CREAM MIX, CRUSHED PINEAPPLE, COCONUT PUREE (CORN SYRUP, COCONUT, SUGAR SYRUP, WATER, FOOD STARCH, COCONUT FLAVOR, POTASSIUM SORBATE, CITRIC ACID, SALT).									
Cookies and Cream: *ICE CREAM MIX, HYDROX COOKIES (ENRICHED FLOUR (CONTAINS NIACIN, REDUCED IRON, THIAMINE, MONO NITRATE, RIBOFLAVIN), SUGAR, HYDROGENATED OIL (ONE OR MORE OF THE FOLLOWING: SOY BEAN, COTTON SEED, PALM, PEANUT, COCONUT), VANILLA.									
Kona Coffee: *ICE CREAM MIX, COFFEE									
Cookie Dough: *ICE CREAM MIX, COOKIE DOUGH (ENRICHED FLOUR (CONTAINS NIACIN, REDUCED IRON, THIAMINE, MONO NITRATE, RIBOFLAVIN), SUGAR, HYDROGENATED OIL (ONE OR MORE OF THE FOLLOWING: SOY BEAN, COTTON SEED, PALM, PEANUT, COCONUT), VANILLA EXTRACT, VANILLA.									
Green Tea: *ICE CREAM MIX, GREEN TEA, NATURAL FLAVOR.									
Kauai Pie: *ICE CREAM MIX, CHOCOLATE FUDGE (SUGAR, CHOCOLATE LIQUOR, NONFAT DRY MILK, BUTTER, CARRAGEENAN, SALT, SODIUM BICARBONATE, NATURAL FLAVOR), MACADAMIA NUTS, TOASTED COCONUT, COFFEE.									
Macadamia Nut: *ICE CREAM MIX, MACADAMIA NUTS, NATURAL NUT FLAVOR ANNATTO SEED.									
Kona Mocha Chip: *ICE CREAM MIX, CHOCOLATE CHUNKS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LETHICIN, VANILLA), COFFEE.									
Vanilla Bean: *ICE CREAM MIX, VANILLA EXTRACT, VANILLA SUGAR (NATURAL, VANILLA, GROUND VANILLA BEANS, ANNATTO SEED.									
Praline Pecan: *ICE CREAM MIX, PRALINE PECANS (SUGAR, PECANS, BUTTER, CORN SYRUP, SALT), CARAMEL RIBBON (CORN SWEETENER, CONDENSED MILK, CREAM, WATER, SODIUM ALGINATE, SALT, SODIUM CITRATE, BAKING SODA), CARAMEL FLAVOR.									
Hana Road: *ICE CREAM MIX, COCOA POWDER, MARSHMALLOWS, (CORN SYRUP, SUGAR, FOOD STARCH, WATER, GELATIN), WALNUTS, CHOCOLATE DIPPED ALMONDS, WHITE CHOCOLATE CHIPS.									
Kahlua Truffle: *ICE CREAM MIX, MOCHA TRUFFLES (WHOLE MILK, EVAPORATED MILK, SUGAR, BUTTER, CHOCOLATE LIQUOR, EGGS, COCOA), COFFEE, RUM.									
Thatched Roof Sundae: *ICE CREAM MIX, CHOCOLATE COATED ALMONDS (CHOCOLATE COATING: SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LETHICIN, VANILLA), VANILLA.									
Loco Coco: *ICE CREAM MIX, COCONUT PUREE (CORN SYRUP, COCONUT, SUGAR SYRUP, WATER, FOOD STARCH, COCONUT FLAVOR, POTASSIUM SORBATE, CITRIC ACID, SALT), TOASTED COCONUT, JAMAICAN RUM.									
Philippine Mango: *ICE CREAM MIX, MANILA MANGO SORBET, BRANDY LIQUOR.									
Mint Chip: *ICE CREAM MIX, DARK CHOCOLATE CHIPS, PEPPERMINT FLAVOR, GREEN COLOR (CONTAINS YELLOW#5 AND BLUE #1).									
Peach: *ICE CREAM MIX, PEACHES, NATURAL FLAVOR, APRICOT PUREE, NATURAL FLAVOR.									
Peanut Butter Cup: *ICE CREAM MIX, COCOA, VANILLA, CREAMY PEANUT BUTTER (PEANUTS, DEXTROSE, VEGETABLE OIL, SALT), PEANUT BUTTER CUPS (MILK CHOCOLATE, PEANUTS, SUGAR, DEXTROSE, SALT).									
Strawberry: *ICE CREAM MIX, STRAWBERRIES, NATURAL FLAVOR, CITRIC ACID.									
Pistachio: *ICE CREAM MIX, PISTACHIOS, NATURAL FLAVOR, GREEN COLOR (CONTAINS YELLOW #5 AND BLUE #1).									
Banana Caramel Chocolate Chip: *ICE CREAM MIX, FRESH BANANAS, CARAMEL FUDGE (CORN SWEETENER, CONDENSED SKIM MILK, CREAM, WATER, BUTTER, POTASSIUM SORBATE, NATURAL FLAVOR, SODIUM CITRATE, BAKING SODA), SEMI-SWEET CHOCOLATE FLAKES, NATURAL FLAVOR, NATURAL COLOR.									
	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Protein (g)	Calcium (mg)
**Lappert's Yogurt Mix: SKIM MILK, BUTTERMILK, MILK, SUGAR, CORN SYRUP, WHEY, LIVE YOGURT CULTURE, STABILIZER (GUAR GUM, LOCUST BEAN GUM),.	120	55	2	2	25	50	24	4	60
Yogurt, Double Chocolate: **YOGURT MIX, COCOA, NATURAL FLAVOR.									
Yogurt, Cookies and Cream: **YOGURT MIX, HYDROX COOKIES (ENRICHED FLOUR (CONTAINS NIACIN, REDUCED IRON, THIAMINE, MONO NITRATE, RIBOFLAVIN), SUGAR, HYDROGENATED OIL (ONE OR MORE OF THE FOLLOWING: SOY BEAN, COTTON SEED, PALM, PEANUT, COCONUT									
Yogurt, Kona Coffee Fudge: **YOGURT MIX, COFFEE, NATURAL FLAVOR									
Yogurt, Blueberry Cheesecake: **YOGURT MIX, BLUEBERRY PUREE (BLUEBERRIES, SUGAR, WATER, FOOD STARCH, NATURAL FLAVORS, LEMON JUICE, MALIC ACID, PHOSPHORIC ACID, SODIUM BENZOATE), CHEESECAKE BASE (CORN SYRUP, WATER, SUGAR, FOOD STARCH, CHEESE, NATURAL FLAVOR, CITRIC ACID, SODIUM BENZOATE, POTASSIUM SORBATE, NATURAL COLOR).									
Yogurt, Strawberry Margarita: **YOGURT MIX, STRAWBERRIES, STRAWBERRY SORBET, NATURAL FLAVOR.									
Yogurt, Vanilla: **YOGURT MIX, TAHITIAN VANILLA.									
	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Protein (g)	Calcium (mg)
***Island Girl low fat, no sugar added, ice cream mix: WATER, MALTODEXTRIN, CREAM, MALTITOL HSH, NON FAT DRY MILK, WHEY, CELLULOSE GEL.	98	35	4	2	10	70	24	4	70
Island Girl, Kona Mocha Almond: **NO SUGAR ADDED MIX, SUGAR FREE CHOCOLATE ALMONDS, COFFEE.									
Island Girl, Blueberry Brownie: **NO SUGAR ADDED MIX, ORGANIC BLUEBERRY PUREE, SUGAR FREE BROWNIE PIECES.									
Island Girl, Vanilla: **NO SUGAR ADDED MIX, BOURBON VANILLA, VANILLA BEANS.									
Island Girl, Double Chocolate Brownie: **NO SUGAR ADDED MIX, SUGAR FREE COCOA, SUGAR FREE BROWNIE PIECES.									
	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Protein (g)	Calcium (mg)
Sorbets: FRUIT PULP, WATER, SUGAR, CORN SYRUP, GUAR GUM, LOCUST BEAN GUM, (NO ARTIFICIAL COLORS OR SWEETENERS).	120	0	0	0	0	0	32	0	0