














Product	Size Weight	Cal.	Cal. from fat	Total Fat	30% Max	10% Max OR 2g or less	Trans Fat	Sodium	Carb	Sugar	Pro.	35% Max	Vit. A	Vit. C	Cal.	Iron
					% of fat cal	% of Cal from Sat Fat						% of sugar by weight				
Low Fat Sandwich 	4 fl oz 68g	160	25	3 g	17%	1g	0g	95mg	30g	15g	3g	22%	10%	0	4%	0
Strawberry Shortcake 	3 fl oz 70g	130	30	3.5g	24%	1g	0g	45mg	23g	15g	1g	22%	10%	0	4%	0
Chocolate Shortcake 	3 fl oz 70g	140	40	3.5g	23%	1g	0g	60mg	22g	15g	2g	21%	10%	0	4%	4%
Orange Cream Bar 	3 fl oz 68g	90	10	1g	10%	1g	0g	40mg	18g	14g	1g	21%	15%	0	4%	0
Fudge Frenzy 	3 fl oz 75g	80	5	.5g	6%	0g	0g	75mg	19g	7g	3g	9%	0	0	10%	6%
Creamy Coconut 	3 fl oz 65g	89	14	1.5g	15%	1g	0g	85mg	17g	11g	2g	17%	10%	0	4%	0
Sour Swell 	2.5 fl oz 53g	70	10	1g	13%	.5g	0g	20mg	12g	11g	3g	21%	10%	0	0%	0
Orange Polar Pole 	2.75 fl oz 46g	60	5	.5g	8%	0	0g	20mg	15g	9g	3g	20%	15%	0	2%	0
Rainbow Polar Pole 	2.75 fl oz 46g	60	5	.5g	8%	0	0g	20mg	15g	9g	3g	20%	15%	0	2%	0
Crumbled Cookie Cone 	3 fl oz 70g	170	30	3.5g	19%	1.5g	0g	105mg	31g	15g	3g	12%	10%	0	6%	4%
Chocolate & Vanilla Cone 	3 fl oz 70g	150	30	3g	18%	1.5g	0g	105mg	27g	14g	2g	20%	10%	0	8%	4%

Nutrition facts for each item can be found at www.richicecream.com.
 These nutrition facts are subject to change without notice

Updated 8/6/2012