

# Anderson's Frozen Custard Nutritional Information

("Our Own" Homemade Custard, Ice Cream, Yogurt, Ices, Fruit Whip & Shakes)

oz	grm	Calories	Calories from fat	Total Fat g	Saturated Fat g	Protein g	Total Carbo. Mg	Cholesterol mg	Sodium mg
<b>Soft Serve Products</b>									
<b>Soft Serve Vanilla Custard*</b> <i>Sizes: Sm. - 4.5 oz.(127g) / Med. - 6 oz. (170g) / Lrge. 8 oz. (227g)</i>									
3.5	100	210	110	12	7	4	21	80	105
<b>Soft Serve Chocolate Custard</b> <i>Sizes: Sm. - 4.5 oz.(127g) / Med. - 6 oz. (170g) / Lrge. 8 oz. (227g)</i>									
3.5	100	210	110	11	7	5	22	75	90
<b>Hard Vanilla Ice Cream*</b> <i>Sizes: 1 Scoop - 4.5 oz. (127g) / 2 Scoops - 7.5 oz. (170g) / 3 Scoops - 10.5oz.</i>									
3.5	100	230	130	14	9	4	23	55	70
<b>Hard Chocolate Ice Cream</b> <i>Sizes: 1 Scoop - 4.5 oz. (127g) / 2 Scoops - 7.5oz. (170g) / 3 Scoops - 10.5oz.(</i>									
3.5	100	230	130	14	9	5	25	50	65
<b>Hard Vanilla Frozen Yogurt*</b> <i>Sizes: 1 Scoop - 4.5 oz. (127g) / 2 Scoops - 7.5 oz. (170g) / 3 Scoops - 10.5 oz.</i>									
3.5	100	190	70	7	4.5	5	26	30	80
<b>Orange Pineapple Hard Frozen Yogurt</b> <i>1 Scoop - 4.5 oz. (127g) / 2 Scoops - 7.5oz. (170g) / 3 Scoops - 10.5oz.</i>									
3.5	100	180	60	6	3.5	4	28	25	75
<b>Strawberry Banana Hard Frozen Yogurt</b> <i>1 Scoop - 4.5 oz. (127g) / 2 Scoops - 7.5 oz. (170g) / 3 Scoops - 10.5 oz.</i>									
3.5	100	180	50	6	3.5	4	28	25	75
<b>No Fat No Sugar Added Vanilla Ice Cream</b> <i>1 Scoop - 4.5 oz. (127g) / 2 Scoops - 7.5 oz. (170g) / 3 Scoops - 10.5oz.</i>									
	89	80	0	0	0	4	18	0	95
<b>Fruit Whip (Lactose Free)</b> <i>Sizes: Sm. - 4.5 oz.(127g) / Med. - 6 oz. (170g) / Lrge. 8 oz. (227g)</i>									
3.5	100	120	0	0	0	0	30	0	0
<b>Flavored Ices (Lactose Free)</b> <i>Sizes: Sm. - 4.5 oz.(127g) / Med. - 6 oz. (170g) / Lrge. 8 oz. (227g)</i>									
4.5	127	92	0	0	0	0	23	0	0.8
<b>Vanilla Milkshake*</b> <i>Sizes: Sm. - 15.5 oz.Med. - 23.5 oz. / Lrge. 31.5 oz.</i>									
3.5	100	130	60	7	4.5	4	13	45	75
<b>Dutch Treat Sugar Cone</b>									
	12	50	0	0	0	1	11	0	35
<b>Regular Cone</b>									
		17	0	.14	.02	.39	3	0	5
<b>Plain Waffle Cone</b>									
	29	122	10	1	0	2	26	0	45

\* Other flavors may vary on Nutritional