

# Connie's

## FROZEN CUSTARD

EST. 2000

### Nutrition Facts

Vanilla Frozen Custard	AMOUNT PER SERVING	% OF DAILY VALUE
Calories	220	
Calories from fat	100	
Total fat (g)	11g	14%
Saturated Fat (g)	7g	35%
Trans fat (g)	0	0
Cholesterol (mg)	70mg	23%
Sodium (mg)	105mg	5%
Total carb (g)	22g	8%
Dietary fiber (g)	0	0
Sugars (g)	20g	28%
Protein (g)	5g	
Calcium (mg)	155mg	10%
Potassium (mg)	177mg	4%

Vanilla Frozen Custard Ingredients: Milk, Cream, Sugar, Skim Milk, Nonfat Dry Milk, Corn Syrup Solids, Egg Yolks, 2% or less of Locust Bean Gum, Mono & Diglycerides (Plant based), Cellulose Gum, Guar Gum, Carrageenan, Vanilla Extract.

Chocolate Frozen Custard	AMOUNT PER SERVING	% OF DAILY VALUE
Calories	220	
Calories from fat	110	
Total fat (g)	11g	14%
Saturated Fat (g)	7g	35%
Trans fat (g)	0	0
Cholesterol (mg)	70mg	23%
Sodium (mg)	100mg	4%
Total carb (g)	24g	9%
Dietary fiber (g)	1g	4%
Sugars (g)	20g	26%
Protein (g)	6g	
Calcium (mg)	161mg	10%
Potassium (mg)	342mg	8%

Chocolate Frozen Custard Ingredients: Milk, Cream, Sugar, Skim Milk, Nonfat Dry Milk, Cocoa Powder (Processed with Alkali) Corn Syrup Solids, Egg Yolks, 2% or less of Locust Bean Gum, Carmel Color (Contains Sulfites), Mono and Diglycerides (Plant based), Cellulose Gum, Guar Gum, Carrageenan.

Nutritional Information for Frozen Custard Only. Based on 4 oz. Serving Size.

Both Vanilla and Chocolate Frozen Custard are Gluten Free.

**CONES:** Small - 5.5 oz. | Medium - 7.5 oz. | Large - 11 oz. | Jumbo - 13 oz.

**CONCRETES:** Regular - 12.5 oz. | Large - 16 oz.

**MALTS & SHAKES:** Regular - 7.5 oz. | Large - 11 oz.

**SUNDAES:** Child - 3 oz. | Regular - 11 oz. | Large - 14 oz. | Super - 16 oz. | Jumbo - 19 oz.

Pints & Quarts	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Vanilla Pint (4.5 Servings per pint)	220	100	11	7	0	70	105	22	0	20	5
Chocolate Pint (4.5 Servings per pint)	220	100	11	7	0	70	100	24	1	20	6
Mint Chocolate Chip Pint (4.5 Servings per pint)	275	119	13	8	0	81	112	31	1	33	6
Strawberry Pint (4.5 Servings per pint)	290	100	11	7	7	70	110	38	1	44	6
Dreamsicle Pint (4.5 Servings per pint)	275	100	11	7	0	70	112	31	0	32	6
Vanilla Quart (9 Servings per quart)	220	100	11	7	0	70	105	22	0	20	5
Chocolate Quart (9 Servings per quart)	220	100	11	7	0	70	100	24	1	20	6

Nutritional information is based on product formulations and serving size. Percent Daily Values are based on a 2000 calorie diet.

**Allergen Statement:** Connie's offer products with peanuts, tree nuts, wheat, soy, dairy, and eggs. Unfortunately, we cannot guarantee that any of our items can be completely free of allergens. The source of the mono and diglycerides in our custard mix are of plant origin sourced from soybean oil. The ingredients are highly refined and do not contain any traces of Soy Protein.