



NUTRITIONAL INFORMATION

Recipe Name	Calories	Cals fr fat	TotalFat	Sat Fat	TransFat	Choles	Sodium	Carbs	Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
BEVERAGES															
Beverage, Iced Tea	0	0	0g	0g	0g	0mg	0mg	< 1g	0g	0g	0g	0%	6%	0%	0%
Beverage, Lemonade, Large	290	0	0g	0g	**	0mg	30mg	77g	0g	74g	< 1g	0%	50%	2%	6%
Beverage, Lemonade, Medium	190	0	0g	0g	**	0mg	20mg	50g	0g	48g	0g	0%	30%	2%	4%
Beverage, Lemonade, Small	160	0	0g	0g	**	0mg	15mg	41g	0g	40g	0g	0%	25%	2%	4%
Beverage, Strawberry Lemonade, Large	440	0	0g	0g	**	0mg	30mg	115g	3g	109g	1g	0%	160%	4%	10%
Beverage, Strawberry Lemonade, Medium	270	0	0g	0g	**	0mg	20mg	71g	2g	67g	< 1g	0%	100%	2%	8%
Beverage, Strawberry Lemonade, Small	160	0	0g	0g	**	0mg	15mg	41g	0g	40g	0g	0%	25%	2%	4%
BREAKFAST															
Breakfast Burrito, Egg/Potato/Cheese/Green Chile	330	120	13g	4.5g	0g	185mg	1270mg	42g	3g	5g	14g	8%	35%	8%	8%
Breakfast Burrito, Egg/Potato/Cheese/Green Chile w/Bacon	460	210	23g	8g	0g	195mg	1480mg	49g	3g	5g	18g	8%	25%	8%	10%
Breakfast Burrito, Egg/Potato/Cheese/Green Chile w/Chorizo	360	140	15g	5g	0g	190mg	1370mg	44g	3g	5g	15g	15%	30%	10%	8%
Breakfast Burrito, Egg/Potato/Cheese/Green Chile w/Sausage	360	140	15g	5g	0g	190mg	1380mg	44g	3g	5g	15g	8%	30%	8%	8%
Breakfast Sandwich, Bacon & Cheddar	690	270	30g	8g	0g	395mg	1280mg	70g	0g	< 1g	29g	15%	0%	15%	40%
Breakfast Sandwich, Tomato & Pesto	680	280	31g	8g	0g	385mg	1310mg	70g	0g	1g	26g	25%	4%	20%	40%
Breakfast Wild Spuds	135	50	6g	1.5g	0g	0mg	260mg	17g	2g	0.5g	2g	0%	8%	0%	4%
BURGERS															
Black Bean Burger, Sicilian	390	100	12g	3g	0g	15mg	930mg	48g	4g	3g	21g	15%	15%	20%	25%
Black Bean Burger, Southwestern	330	60	7g	0g	0g	0mg	680mg	48g	4g	3g	18g	10%	15%	6%	25%
Burger, Bacon Cheeseburger	580	270	30g	10g	1g	110mg	1020mg	40g	0g	6g	36g	8%	10%	15%	25%
Burger, Bambino	300	130	15g	4g	0g	40mg	410mg	26g	1g	3g	14g	0%	4%	4%	15%
Burger, Bambino w/Cheese	350	160	18g	6g	0g	55mg	680mg	26g	1g	3g	16g	4%	4%	10%	15%
Burger, Big Daddy Bacon Cheeseburger	1080	620	68g	25g	2g	235mg	1840mg	42g	0g	8g	69g	10%	6%	35%	40%
Burger, Deluxe Burger	500	190	21g	6g	1g	85mg	950mg	45g	1g	9g	30g	8%	15%	10%	25%
Burger, Deluxe Cheeseburger	550	230	26g	9g	1g	100mg	1220mg	45g	1g	10g	33g	10%	15%	15%	25%
Burger, Double Cheeseburger	850	420	47g	18g	2g	195mg	1570mg	46g	1g	10g	59g	15%	15%	30%	40%
Burger, Guacamole Bacon Burger	600	280	29g	9g	1g	95mg	900mg	48g	5g	7g	36g	6%	15%	10%	25%
Burger, Jalapeno Cream Cheese	580	230	25g	8g	1g	90mg	1200mg	53g	< 1g	7g	32g	2%	10%	20%	25%
Burger, Kid's	270	100	12g	3.5g	0g	40mg	460mg	27g	1g	4g	14g	4%	4%	4%	15%
Burger, Kid's, Cheese	320	130	15g	5g	0g	50mg	670mg	27g	1g	4g	16g	6%	4%	10%	15%
Burger, Mushroom Swiss Burger, Single	520	220	24g	9g	1g	95mg	970mg	39g	< 1g	5g	33g	2%	6%	15%	25%
CHICKEN															
Chicken Tenders, (all natural), Kid's portion 2 pc	180	35	4.5g	0.5g	0g	45mg	560mg	17g	0g	1g	20g	15%	0%	10%	10%
Chicken Tenders, (all natural), portion 3 pc	280	60	7g	1g	0g	70mg	850mg	25g	< 1g	2g	31g	25%	0%	15%	15%
Chicken Tenders, (all natural), portion 5 pc	460	90	11g	1.5g	0g	120mg	1410mg	42g	< 1g	3g	51g	40%	0%	30%	30%
Chicken, Buffalo Crispy Sandwich	530	180	21g	3g	0g	55mg	1600mg	59g	1g	9g	27g	30%	15%	15%	20%
Chicken, Crispy Sandwich	420	80	9g	0.5g	0g	50mg	1140mg	58g	1g	8g	27g	25%	15%	15%	20%
Chicken, Guacamole Crispy Chicken Sandwich	660	300	33g	6g	0g	55mg	1390mg	64g	5g	8g	33g	25%	20%	20%	20%

Chicken, Tuscan Chicken Sandwich	440	170	19g	4.5g	0g	65mg	1230mg	43g	1g	2g	24g	15%	15%	15%	15%
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FROZEN CUSTARD

Frozen Custard, Flavors, Butter Pecan, Single Cake Cone	500	290	32g	10g	0g	95mg	340mg	43g	2g	31g	8g	15%	0%	20%	2%
Frozen Custard, Flavors, Butter Pecan, Single Cup	470	290	32g	10g	0g	95mg	320mg	38g	2g	31g	8g	15%	0%	20%	0%
Frozen Custard, Flavors, Butter Pecan, Single Waffle Cone	560	300	33g	10g	0g	95mg	360mg	58g	3g	38g	10g	15%	0%	20%	4%
Frozen Custard, Flavors, Chocolate Chocolate Chip, Single Cake Cone	570	240	26g	19g	0g	95mg	240mg	76g	< 1g	58g	8g	20%	0%	60%	2%
Frozen Custard, Flavors, Chocolate Chocolate Chip, Single Cup	540	240	26g	19g	0g	95mg	230mg	71g	< 1g	58g	8g	20%	0%	60%	0%
Frozen Custard, Flavors, Chocolate Chocolate Chip, Single Waffle Cone	660	250	27g	19g	0g	95mg	280mg	96g	2g	69g	10g	20%	0%	60%	4%
Frozen Custard, Flavors, Chocolate, Single Cake Cone	410	130	14g	9g	0g	95mg	250mg	63g	0g	46g	6g	10%	0%	20%	2%
Frozen Custard, Flavors, Chocolate, Single Cup	360	130	14g	9g	0g	95mg	210mg	52g	0g	42g	6g	10%	0%	20%	0%
Frozen Custard, Flavors, Chocolate, Single Waffle Cone	450	140	15g	9g	0g	95mg	250mg	72g	1g	49g	8g	10%	0%	20%	4%
Frozen Custard, Flavors, Cookies & Cream, Cake Cone	570	210	23g	12g	0g	115mg	360mg	80g	< 1g	59g	8g	15%	0%	25%	10%
Frozen Custard, Flavors, Cookies & Cream, Single Cup	550	210	23g	12g	0g	115mg	350mg	75g	< 1g	59g	8g	15%	0%	25%	8%
Frozen Custard, Flavors, Cookies & Cream, Waffle Cone	640	220	24g	12g	0g	115mg	380mg	95g	2g	66g	10g	15%	0%	25%	10%
Frozen Custard, Flavors, Irish Cream, Cake Cone	410	130	14g	9g	0g	95mg	170mg	63g	0g	53g	6g	10%	0%	20%	2%
Frozen Custard, Flavors, Irish Cream, Single Cup	380	130	14g	9g	0g	95mg	150mg	58g	0g	53g	6g	10%	0%	20%	0%
Frozen Custard, Flavors, Irish Cream, Waffle Cone	470	140	15g	9g	0g	95mg	190mg	78g	< 1g	60g	8g	10%	0%	20%	4%
Frozen Custard, Flavors, Oregon Blackberry, Single Cake Cone	380	130	14g	9g	0g	95mg	260mg	56g	0g	44g	6g	10%	0%	30%	2%
Frozen Custard, Flavors, Oregon Blackberry, Single Cup	420	160	18g	11g	0g	115mg	280mg	59g	0g	51g	7g	15%	0%	35%	0%
Frozen Custard, Flavors, Oregon Blackberry, Single Waffle Cone	510	170	19g	11g	0g	115mg	310mg	79g	1g	58g	9g	15%	0%	35%	4%
Frozen Custard, Flavors, Pumpkin Pie, Single Cone	400	180	19g	12g	0g	115mg	200mg	49g	0g	38g	7g	15%	0%	25%	2%
Frozen Custard, Flavors, Pumpkin Pie, Single Cup	380	180	19g	12g	0g	115mg	190mg	44g	0g	38g	7g	15%	0%	25%	0%
Frozen Custard, Flavors, Pumpkin Pie, Waffle Cone	480	190	21g	12g	0g	115mg	220mg	67g	2g	46g	9g	15%	2%	30%	10%
Frozen Custard, Flavors, Toffee Crunch, Single Cake Cone	560	250	28g	16g	0g	120mg	460mg	70g	0g	58g	7g	15%	0%	35%	2%
Frozen Custard, Flavors, Toffee Crunch, Single Cup	530	250	28g	16g	0g	120mg	450mg	65g	0g	58g	7g	15%	0%	35%	0%
Frozen Custard, Flavors, Toffee Crunch, Single Waffle Cone	620	260	29g	16g	0g	120mg	480mg	85g	< 1g	65g	9g	15%	0%	35%	4%
Frozen Custard, Flavors, Turtle Crunch, Single Cake Cone	470	220	24g	13g	0g	85mg	180mg	56g	< 1g	43g	7g	15%	0%	35%	2%
Frozen Custard, Flavors, Turtle Crunch, Single Cup	440	220	24g	13g	0g	85mg	170mg	51g	< 1g	43g	7g	15%	0%	35%	0%
Frozen Custard, Flavors, Turtle Crunch, Single Waffle Cone	530	230	25g	13g	0g	85mg	200mg	71g	2g	50g	9g	15%	0%	35%	4%
Frozen Custard, Flavors, Vanilla, Single Cake Cone	380	160	18g	11g	0g	115mg	200mg	48g	0g	37g	7g	15%	0%	25%	2%
Frozen Custard, Flavors, Vanilla, Single Cup	360	160	18g	11g	0g	115mg	190mg	43g	0g	37g	7g	15%	0%	25%	0%
Frozen Custard, Flavors, Vanilla, Single Waffle Cone	450	170	19g	11g	0g	115mg	220mg	63g	< 1g	44g	9g	15%	0%	25%	4%



KIDS MEALS

Kid's Meal, Burger w/Fresh Cut Fries	720	290	33g	8g	1g	75mg	920mg	74g	4g	11g	29g	4%	35%	6%	30%
Kid's Meal, Burger w/Wild Fries	770	350	38g	10g	1g	75mg	990mg	74g	5g	12g	29g	4%	10%	4%	30%
Kid's Meal, Chicken Tenders (all natural) w/Wild Fries	490	120	12g	2.5g	0g	55mg	1080mg	65g	4g	10g	28g	15%	8%	10%	20%
Kid's Meal, Chicken Tenders w/Fresh Cut Fries	440	60	7g	1g	0g	55mg	1000mg	66g	3g	9g	27g	15%	35%	15%	20%



SHAKES

Shake, Chocolate Large	1290	450	50g	29g	0g	305mg	600mg	190g	3g	156g	23g	40%	0%	80%	15%
Shake, Chocolate, Small	1010	370	41g	24g	0g	245mg	490mg	143g	2g	119g	20g	35%	0%	70%	10%
Shake, Oregon Blackberry, Large	1190	430	48g	29g	0g	305mg	780mg	165g	0g	143g	21g	40%	2%	100%	0%
Shake, Oregon Blackberry, Small	950	360	40g	24g	0g	245mg	610mg	127g	0g	110g	18g	35%	2%	90%	0%
Shake, Pumpkin Pie, Large	1000	430	49g	29g	0g	305mg	490mg	123g	4g	102g	21g	150%	0%	90%	4%
Shake, Pumpkin Pie, Small	820	350	40g	24g	0g	250mg	380mg	98g	2g	82g	19g	110%	0%	90%	2%

Shake, Strawberry, Large	1040	430	48g	29g	0g	305mg	510mg	131g	0g	115g	20g	40%	0%	80%	0%
Shake, Strawberry, Small	850	360	40g	24g	0g	245mg	430mg	104g	0g	92g	18g	35%	0%	70%	0%
Shake, Vanilla Large	1030	460	51g	30g	0g	315mg	550mg	121g	0g	105g	23g	40%	0%	90%	0%
Shake, Vanilla, Small	810	360	40g	24g	0g	245mg	430mg	95g	0g	82g	18g	35%	0%	70%	0%



SIDES

Side Sauce, BBQ	35	0	0g	0g	0g	0mg	330mg	9g	0g	8g	0g	0%	0%	0%	0%
Side Sauce, Honey Mustard	90	70	8g	1.5g	0g	5mg	95mg	6g	0g	5g	< 1g	0%	0%	0%	0%
Side Sauce, Ranch	160	150	18g	3g	0g	5mg	340mg	3g	0g	1g	0g	0%	0%	0%	0%
Side Sauce, Wild Dippin' Sauce	130	110	13g	2g	0g	10mg	220mg	4g	0g	3g	0g	2%	0%	0%	0%
Side, Sauce, Buffalo Ranch	70	60	7g	1.5g	0g	< 5mg	360mg	1g	0g	< 1g	0g	4%	0%	0%	0%
Sides, Fries, Natural Cut, Large	370	130	16g	5g	0g	0mg	540mg	54g	7g	2g	5g	0%	20%	0%	10%
Sides, Fries, Natural Cut, Medium	260	90	11g	3.5g	0g	0mg	380mg	38g	5g	1g	3g	0%	15%	0%	6%
Sides, Fries, Natural Cut, Small	190	70	8g	2.5g	0g	0mg	290mg	29g	4g	1g	3g	0%	10%	0%	6%
Sides, Fries, Wild, Large	370	180	19g	5g	0g	0mg	780mg	45g	5g	2g	5g	0%	15%	0%	10%
Sides, Fries, Wild, Medium	260	130	13g	3.5g	0g	0mg	560mg	32g	3g	2g	3g	0%	10%	0%	6%
Sides, Fries, Wild, Small	200	100	10g	2.5g	0g	0mg	420mg	24g	3g	1g	3g	0%	8%	0%	6%
Sides, Green Chili Fries, Fresh Cut	310	180	20g	5g	0g	10mg	520mg	30g	2g	1g	7g	4%	15%	10%	4%
Sides, Green Chili Fries, Wild	450	240	25g	11g	0g	25mg	1240mg	44g	4g	3g	12g	8%	30%	20%	10%
Sides, Onion Ring, Regular	530	260	29g	7g	0g	0mg	850mg	62g	5g	12g	5g	0%	4%	0%	4%



SLIDERS

Slider, BBQ Bacon	350	150	17g	6g	0g	55mg	690mg	27g	1g	4g	18g	4%	4%	10%	15%
Slider, BBQ Chicken	260	60	6g	1g	0g	45mg	530mg	28g	1g	5g	20g	0%	4%	2%	10%
Slider, Cheesy Double	470	230	26g	10g	1g	95mg	780mg	27g	< 1g	4g	28g	10%	2%	20%	20%
Slider, Jalapeno Cheesy Double	510	260	30g	11g	1g	100mg	1110mg	27g	1g	3g	28g	10%	6%	45%	25%



SOFT DRINKS

Soft Drink, Diet Dr. Pepper, Large	15	0	0g	0g	**	0mg	60mg	2g	0g	0g	< 1g	0%	0%	2%	4%
Soft Drink, Diet Dr. Pepper, Medium	10	0	0g	0g	**	0mg	45mg	2g	0g	0g	< 1g	0%	0%	2%	4%
Soft Drink, Diet Dr. Pepper, Small	10	0	0g	0g	**	0mg	30mg	1g	0g	0g	0g	0%	0%	2%	2%
Soft Drink, Diet Pepsi, Large	15	0	0g	0g	**	0mg	60mg	2g	0g	0g	< 1g	0%	0%	2%	4%
Soft Drink, Diet Pepsi, Medium	10	0	0g	0g	**	0mg	45mg	2g	0g	0g	< 1g	0%	0%	2%	4%
Soft Drink, Diet Pepsi, Small	10	0	0g	0g	**	0mg	30mg	1g	0g	0g	0g	0%	0%	2%	2%
Soft Drink, Dr. Pepper, Large	270	0	0g	0g	**	0mg	30mg	70g	0g	66g	< 1g	0%	0%	2%	4%
Soft Drink, Dr. Pepper, Medium	200	0	0g	0g	**	0mg	20mg	51g	0g	48g	0g	0%	0%	2%	4%
Soft Drink, Dr. Pepper, Small	150	0	0g	0g	**	0mg	15mg	38g	0g	36g	0g	0%	0%	0%	2%
Soft Drink, Mountain Dew, Large	300	0	0g	0g	**	0mg	75mg	77g	0g	77g	< 1g	0%	0%	2%	0%
Soft Drink, Mountain Dew, Medium	220	0	0g	0g	**	0mg	55mg	56g	0g	56g	0g	0%	0%	2%	0%
Soft Drink, Mountain Dew, Small	160	0	0g	0g	**	0mg	40mg	41g	0g	41g	0g	0%	0%	0%	0%
Soft Drink, Pepsi, Large	270	0	0g	0g	**	0mg	30mg	70g	0g	66g	< 1g	0%	0%	2%	4%
Soft Drink, Pepsi, Medium	200	0	0g	0g	**	0mg	20mg	51g	0g	48g	0g	0%	0%	2%	4%
Soft Drink, Pepsi, Small	150	0	0g	0g	**	0mg	15mg	38g	0g	36g	0g	0%	0%	0%	2%
Soft Drink, Rootbeer, Large	300	0	0g	0g	**	0mg	95mg	78g	0g	78g	0g	0%	0%	4%	2%
Soft Drink, Rootbeer, Medium	220	0	0g	0g	**	0mg	70mg	57g	0g	57g	0g	0%	0%	2%	2%
Soft Drink, Rootbeer, Small	160	0	0g	0g	**	0mg	50mg	42g	0g	42g	0g	0%	0%	2%	2%
Soft Drink, Sierra Mist, Large	290	0	0g	0g	**	0mg	65mg	75g	0g	66g	0g	0%	0%	2%	4%

Soft Drink, Sierra Mist, Medium	220	0	0g	0g	**	0mg	50mg	55g	0g	48g	0g	0%	0%	2%	4%
Soft Drink, Sierra Mist, Small	160	0	0g	0g	**	0mg	35mg	40g	0g	36g	0g	0%	0%	0%	2%



SPONBENDERS

Spoonbender, Caramel Toffee, Large	1910	840	95g	52g	0g	365mg	1100mg	251g	0g	228g	21g	45%	0%	90%	0%
Spoonbender, Caramel Toffee, Medium	1270	560	63g	35g	0g	245mg	740mg	167g	0g	152g	14g	30%	0%	60%	0%
Spoonbender, Caramel Toffee, Small	670	290	33g	18g	0g	135mg	380mg	87g	0g	79g	8g	15%	0%	35%	0%
Spoonbender, Chocolate Chocolate Chip, Large	1850	830	93g	66g	0g	355mg	750mg	231g	3g	193g	27g	60%	2%	220%	0%
Spoonbender, Chocolate Chocolate Chip, Medium	1230	560	62g	44g	0g	235mg	500mg	154g	2g	129g	18g	40%	0%	150%	0%
Spoonbender, Chocolate Chocolate Chip, Small	610	280	31g	21g	0g	135mg	260mg	75g	< 1g	63g	10g	20%	0%	70%	0%
Spoonbender, Chocolate Cookie Dough, Large	1490	590	66g	35g	4.5g	345mg	760mg	202g	< 1g	159g	22g	45%	0%	100%	0%
Spoonbender, Chocolate Cookie Dough, Medium	970	390	43g	23g	3g	230mg	500mg	132g	< 1g	104g	15g	30%	0%	60%	0%
Spoonbender, Chocolate Cookie Dough, Small	540	220	24g	13g	1.5g	135mg	280mg	73g	0g	58g	8g	15%	0%	35%	0%
Spoonbender, Chocolate Peanut Butter Crunch, Large	1920	940	104g	63g	0g	350mg	840mg	217g	4g	178g	34g	60%	0%	200%	2%
Spoonbender, Chocolate Peanut Butter Crunch, Medium	1300	640	71g	43g	0g	235mg	560mg	145g	3g	119g	23g	40%	0%	140%	2%
Spoonbender, Chocolate Peanut Butter Crunch, Small	910	470	52g	33g	0g	140mg	330mg	99g	2g	81g	15g	30%	0%	120%	0%
Spoonbender, Cookies N Cream, Large	1520	590	66g	36g	0g	345mg	940mg	205g	1g	162g	24g	45%	0%	80%	20%
Spoonbender, Cookies N Cream, Medium	1010	390	44g	24g	0g	230mg	630mg	137g	< 1g	108g	16g	30%	0%	50%	15%
Spoonbender, Cookies N Cream, Small	590	230	26g	14g	0g	140mg	360mg	79g	0g	63g	9g	15%	0%	30%	8%
Spoonbender, Truffle, Raspberry, Large	1760	720	80g	48g	3.5g	350mg	780mg	237g	4g	206g	26g	60%	2%	110%	0%
Spoonbender, Truffle, Raspberry, Medium	1230	500	56g	34g	2.5g	230mg	530mg	165g	3g	144g	18g	40%	2%	70%	0%
Spoonbender, Raspberry Truffle, Small	740	310	34g	21g	1.5g	135mg	310mg	100g	2g	87g	10g	25%	2%	45%	0%
Spoonbender, Strawberry Cheesecake, Large	1490	590	66g	39g	0g	420mg	1120mg	195g	4g	164g	25g	100%	45%	130%	2%
Spoonbender, Strawberry Cheesecake, Medium	1070	400	44g	26g	0g	280mg	740mg	148g	5g	125g	17g	70%	60%	90%	2%
Spoonbender, Strawberry Cheesecake, Small	580	220	25g	15g	0g	155mg	380mg	80g	3g	68g	10g	35%	30%	50%	2%
Spoonbender, Truffle, Salted Caramel, large	1640	680	76g	51g	0g	360mg	1000mg	218g	1g	192g	25g	180%	0%	170%	0%
Spoonbender, Truffle, Salted Caramel, medium	1140	470	52g	36g	0g	240mg	690mg	151g	1g	134g	17g	130%	0%	120%	0%
Spoonbender, Truffle, Salted Caramel, small	690	290	32g	22g	0g	140mg	420mg	91g	< 1g	81g	10g	90%	0%	80%	0%
Spoonbender, Turtle, Large	1910	960	107g	41g	0g	350mg	740mg	210g	5g	180g	28g	45%	0%	80%	4%
Spoonbender, Turtle, Medium	1310	680	75g	28g	0g	235mg	490mg	140g	3g	120g	19g	30%	0%	50%	4%
Spoonbender, Turtle, Small	710	360	40g	16g	0g	135mg	280mg	77g	2g	66g	11g	15%	0%	30%	2%
Spoonbender, Truffle, Salted Caramel, small	690	290	32g	22g	0g	140mg	420mg	91g	< 1g	81g	10g	90%	0%	80%	0%
Spoonbender, Turtle, Large	1910	960	107g	41g	0g	350mg	740mg	210g	5g	180g	28g	45%	0%	80%	4%
Spoonbender, Turtle, Medium	1310	680	75g	28g	0g	235mg	490mg	140g	3g	120g	19g	30%	0%	50%	4%
Spoonbender, Turtle, Small	710	360	40g	16g	0g	135mg	280mg	77g	2g	66g	11g	15%	0%	30%	2%



SUNDAES

Sundae, Jr. Hot Fudge	470	200	22g	13g	0g	65mg	200mg	60g	< 1g	55g	6g	8%	0%	25%	6%
Sundae, Turtle	740	320	36g	15g	0g	120mg	310mg	93g	1g	82g	9g	15%	0%	30%	4%