



Desserts

MAY 2003

	Serving Size (oz.)	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugar (g)	Protein (g)	Iron (% D. V.)	Calcium (% D. V.)	Vit. A (% D. V.)	Vit. C (% D. V.)	Food Exchange Values
Apple Pie ¹	7	470	24	6	0	470	64	1	36	3	10	0	0	0	Persons with diabetes: professional for use.
Chocolate Peanut Butter Pie ¹	6	653	39	19	27	319	64	3	45	15	11	11	5	0	
Cheesecake	7	580	38	24	174	380	51	0	36	8	4	11	2	4	
Carrot Cake	8	799	45	13	125	630	99	2	75	9	10	8	190	6	
Hot Fudge Brownie a la mode	10	997	42	6	14	82	147	6	105	12	32	17	7	1	
Banana Split	19	894	43	19	78	177	121	6	29	15	15	24	25	55	
Double Scoop/Sundae *	6	375	27	12	74	86	29	0	8	6	3	13	18	0	* Add choice of toppings
Single Scoop/Sundae * (Delicious Dip)	3	188	14	6	37	43	14	0	4	3	1	6	9	0	* Add choice of toppings
MilkShake (van/choc)	12	560	26	16	100	272	76	<1	71	11	30	30	54	4	
Malted MilkShake (van/choc)	12	583	26	16	100	278	82	<1	71	12	31	31	54	4	
Floats (Rootbeer or Cola)	12	280	10	6	39	109	47	0	33	3	1	12	8	0	
Oreo Blender Blaster	15	895	46	23	135	280	112	2	93	16	17	48	28	4	
Oreo Blender Blaster (Kids)	10	580	29	15	87	194	72	1	60	11	11	34	947	3	
Toppings															
Chocolate Topping	2	317	25	0	0	83	27	0	27	2	0	0	0	0	
Blueberry Topping	2	71	0	0	0	10	17	0	17	0	0	0	0	0	
Cherry Topping	2	57	0	0	0	3	14	0	6	0	1	0	33	0	
Fudge Topping	2	201	10	7	3	96	30	1	27	1	1	3	0	0	
Strawberry Topping	2	77	1	0	0	8	17	1	13	1	1	0	0	1	
Whipped Cream (2 Tb)	0.3	23	2	0	7	3	2	0	0	0	0	0	2	0	

The nutrition information provided is based on computerized database analysis & vendor product data. This analysis uses the Operations Manual procedures & portions.

The data represents an estimate of nutrient content. For additional information on specific ingredients, please contact our Nutrition Coordinator at 864-597-7396.