

Comparing Frozen Desserts – at Home

Dessert	Calories	Total Fat	Saturated Fat	Carbohydrate	Sugar	Protein
Traditional Ice Cream						
Ben and Jerry's Cookie Dough Ice Cream (1/2 cup)	280	16	10	31	25	4
Breyers Oreo Cookies and Cream Ice Cream (1/2 cup)	130	4.5	2	20	14	2
Breyers Salted Caramel Swirl Ice Cream No Sugar Added (1/2 cup)	90	4	2.5	16	4	2
Dreyer's/Edy's Kit Kat Ice Cream (1/2 cup)	140	5	3	21	17	3
Dreyer's/Edy's Slow Churned French Silk Light Ice Cream (1/2 cup)	120	3	2.5	20	16	3
Haagen-Dazs Coffee Ice Cream (1/2 cup)	240	16	10	21	20	4
Alternative Frozen Desserts						
Almond Dream Gluten Free Toffee Almond Fudge Ice Cream (1/2 cup)	160	7	0.5	21	15	2
Arctic Zero Cookie Dough Chip Froze Dessert (1/2 cup)	75	2.5	1	11	8	3
Cado Avocado Ice Cream Cherry Amaretto (1/2 cup)	170	11	1.5	18	13	1
Enlightened Ice Cream Mint Chocolate Chip (1/2 cup)	80	2.5	2	15	5	6
Halo Top Sea Salt Caramel Ice Cream (1/2 cup)	70	2	1	12	5	6
Luna and Larry's Coconut Bliss Sweet Cherry Amaretto (2/3 cup)	260	19	17	20	17	2
Nada Moo Banana Caramel Crunch Dairy-Free Frozen Dessert (2/3 cup)	180	8	7	23	16	1
So Delicious Dairy Free Cashew Milk Salted Caramel Cluster Frozen Dessert (1/2 cup)	180	9	2.5	24	18	3
So Delicious No Sugar Added Vanilla Coconut Milk Frozen Dessert (1/2 cup)	100	6	6	18	1	1
Fruity Treats						
DoveBar Raspberry Sorbet with Dark Chocolate Snack Size Bars (1 bar)	150	8	5	19	14	1
Haggen-Dazs Zesty Lemon Sorbet (1/2 cup)	130	0	0	32	27	0
Outshine Lime Tangerine and Lemon Frozen Fruit Bars (1 bar)	35	0	0	9	8	0
So Delicious Mango Swirl Frozen Mousse (2/3 cup)	100	3	2.5	23	9	0
Talenti Roman Raspberry Sorbetto (1/2 cup)	120	0	0	29	25	0
Ice Cream Bars and Novelties						
Dove Mini Ice Cream Bars (5 pieces)	320	21	13	31	24	4
Klondike The Original Ice Cream Bar (1 bar)	240	14	11	28	23	2
Klondike Vanilla Ice Cream Sandwich (1 sandwich)	180	5	3	31	17	2
M & M's Ice Cream Cookie Sandwich (1 sandwich)	240	10	6	37	25	3
My/Mo Mochi Ice Cream Green Tea (1 piece)	110	3	2	18	11	1
Nestle Drumstick Vanilla Frozen Dairy Dessert Cone (1 cone)	290	15	8	34	22	4
Snickers Ice Cream Bar (1 bar)	180	11	6	18	15	3
Weight Watchers Dark Chocolate Raspberry Ice Cream Bar (1 bar)	110	4.5	2	19	13	3
Weight Watchers Giant Chocolate Fudge Ice Cream Bar (1 bar)	90	1	0.5	21	13	3
Yasso Chocolate Fudge Frozen Greek Yogurt Bars (1 bar)	80	0	0	15	11	6

Comparing Frozen Desserts – Outside of the Home

Dessert	Calories	Total Fat	Saturated Fat	Carbohydrate	Sugar	Protein
Traditional Ice Creams/Gelato and Sundaes						
A & W Hot Fudge Sundae (6.7 ounces)	350	11	6	54	15	8
Baskin Robbins Banana Royale Sundae (11.8 ounces)	680	33	21	90	64	10
Baskin Robbins Bright Choices, No Sugar Added, Brownie Sundae Ice Cream – 2 scoops (5 ounces)	239	10	6	42	8	6
Baskin Robbins Classic Jamoca Ice Cream – 2 scoops (5 ounces)	276	16	10	26	21	6
Bruster's Almond Chocolate Coconut Ice Cream Cake Cone (5.1 ounces)	379	22	10	40	26	7
Bruster's Butterscotch Sundae (8.5 ounces)	540	24	17	76	60	5
Bruster's No Sugar Added Fat-Free Coffee Ripple Ice Cream Dish (7.4 ounces)	195	0	0	41	8	6
Coldstone Creamery Chocolate Peanut Butter Ice Cream (5 oz)	432	28	13	38	33	10
Coldstone Creamery Vanilla on the Lighter Side (5 oz)	225	6	4	36	11	8
Costco Food Court Stracciatella Gelato (8 oz)	550	15	9	95	71	8
Culver's Caramel Cashew Sundae (2 scoops)	1000	51	27	121	85	16
Dairy Queen Caramel Sundae, medium	430	11	7	73	58	9
Dippin' Dots No Sugar Added Fudge Ice Cream (1/2 cup; 3 oz)	90	1	0	27	7	4
Haagen Dazs Vanilla Blackberry Chocolate Trio Crispy Layer Ice Cream (1/2 cup)	280	19	13	24	22	4
Marble Slab Creamery Birthday Bonanza Ice Cream (4.5 oz)	303	13.5	9	42	28	3.5
Marble Slab Reduced Fat Amaretto Ice Cream (3.5 oz)	210	10.5	6.6	24	24	3
Ice Cream Novelties						
Baskin Robbins Warm Cookie Ice Cream Sandwich (5.4 ounces)	520	25	14	70	42	7
Coldstone Creamery Signature Cake, Raspberry Truffle Temptation, petite, ½ cake (7.1 oz)	630	31	15	81	59	9
Coldstone Creamery Strawberry Shortcake (11 oz)	649	29	18	92	67	7
Dairy Queen Butterfinger Blizzard Treat, medium	720	25	15	109	82	16
Dairy Queen Confetti Blizzard Cake, 1/8 of an 8" cake (7.9 oz)	529	22	11	71	54	8
Dippin' Dots Berry Crème Dots 'n Cream Ice Cream (1/2 cup; 3 oz)	180	9	5	22	21	3
Dunkin' Donuts Soft Serve in a Cone (1 cone)	260	9	6	35	27	9
Haagen Dazs Dulce De Leche Cookie Ice Cream Squares (1 square)	310	18	13	34	26	4
Frozen Yogurt						
Baskin Robbins Bright Choices, Fat-Free Vanilla Frozen Yogurt – 2 scoops (4 ounces)	129	0	0	26	20	5
Bruster's Mint Chip Frozen Yogurt Dish – small (4.9 ounces)	167	5	3	25	21	5
Coldstone Creamery Graham Cracker Frozen Yogurt (5 oz)	219	3	1	44	31	6
Coldstone Creamery Triple Berry Frozen Yogurt (5 oz)	150	0	0	34	26	5
Haagen-Dasz Chocolate Almond Frozen Yogurt (7.2 oz)	380	10	2	54	38	18
Menchie's Frozen Yogurt Low Fat Cinnabon Classic Cinnamon Roll Frozen Yogurt (8 oz)	240	2	1	52	42	6
Menchie's Frozen Yogurt Low-Carb Butterscotch Frozen Yogurt	90	0	0	22	6	6
Sherbets and Sorbets						
Bruster's Pineapple Sorbet Dish (7.4 ounces)	230	0	0	58	53	0
Coldstone Creamery Peach Mango Sorbet (5 oz)	231	0	0	59	59	0
Haagen-Dazs Mango Sorbet (4 oz)	150	0	0	38	34	0
Menchie's Frozen Yogurt Island Sorbet (8 oz)	200	0	0	44	32	0