



Baskin- Robbins®

Food Item

Regular Deluxe
Ice Cream –
1/2 cup

	<i>Calories</i>	<i>Carbohydrates(gm)</i>	<i>Protein(gm)</i>	<i>Total Fat(gm)</i>	<i>Sodium(mg)</i>	<i>Exchanges</i>
Chocolate	150	18	2	9	60	1 starch 2 fat
Chocolate Chip	150	15	2	10	45	1 starch 2 fat
Chocolate Chip Cookie Dough	170	20	2	9	70	1 1/2 starch 2 1/2 fat
Cookies `N Cream	170	16	2	11	80	1 starch 2 fat
French Vanilla	160	14	2	10	45	1 starch 2 fat
Old Fashion Butter Pecan	160	13	2	11	50	1 starch 2 fat
Very Berry Strawberry	130	16	1	7	40	1 starch 1 fat

Calories **Carbohydrates(gm)**
Protein(gm) **Total Fat(gm)**
Sodium(mg) **Exchanges**

Sherbet/Sorbet
– 1/2 cup

Blue Raspberry Sherbet	120	25	1	1.5	30	1 1/2 starch
Orange Sherbet	120	26	1	1	25	1 1/2 starch
Mixed Berry Lemonade Sorbet	110	28	0	0	10	2 carbohydrate
Pink Raspberry Lemon Sorbet	120	29	0	0	10	2 carbohydrate

Non-Fat Ice Cream – 1/2 cup

Berry Innocent Cheese	110	24	3	0	100	1 1/2 starch
Check-It-Out Cherry	100	22	3	0	90	1 1/2 starch
Chocolate Vanilla Twist	100	21	4	0	100	1 1/2 starch
Jamoca Swirl	110	23	3	0	105	1 1/2 starch

Calories **Carbohydrates(gm)**
Protein(gm) **Total Fat(gm)**
Sodium(mg) **Exchanges**

Low-Fat Ice Cream
– 1/2 cup

Espresso `N Cream	100	18	3	2.5	60	1 starch 1/2 fat
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Yogurt – 1/2 cup

Maui Brownie Madness	140	26	4	3	80	1 1/2 starch 1/2 fat
Perils of Praline	140	25	4	3	105	1 1/2 starch 1/2 fat
Raspberry Cheese Louise	130	24	4	3	90	1 1/2 starch 1/2 fat

No Sugar Added – 1/2 cup

Call Me Nuts	110	21	3	2	55	1 1/2 starch
Cherry Cordial	100	18	3	2	55	1 starch
Mad About Chocolate	100	19	3	2	40	1 1/2 starch
Pineapple Coconut	90	16	3	1.5	60	1 starch

	Calories	Carbohydrates(gm)	Protein(gm)	Total Fat(gm)	Sodium(mg)	Exchanges
Thin Mint	100	16	3	2.5	65	1 starch 1/2 fat

Smoothies – 8 ounces (Soft Serve)

Aloha Berry Banana	180	40	4	0	80	2 1/2 starch
Bora Berry Bora	170	38	4	0	75	2 starch
Calypso Berry	160	35	3	0	75	2 starch
Copa Banana	140	30	4	0	65	2 starch

Nutrient values obtained from Baskin Robbins.

Information compiled and exchanges calculated by:

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