



# Hiland<sup>TM</sup>

## ICE CREAM

FARMER OWNED

A division of Hiland Dairy



# PREMIUM ICE CREAM

**HILAND'S PREMIUM ICE CREAM SCROUNDS ARE A GUARANTEED CROWD PLEASER WITH RICH 10% MILK FAT CREAM AND 16 IRRESISTIBLE ICE CREAM FLAVORS!**

Premium Ice Cream flavors include Homemade Vanilla, Old Fashioned Vanilla, Butter Brickle, Butter Pecan, Caramel Waffle Cone, Cherry Cheesecake, Cherry Chocolate Chunk, Chocolate Brownie Fudge, Fire in the Hole, Moose Tracks, Chocolate Moose Tracks, Outlaw Run, Rocky Road, Sea Salt Caramel Espresso, Time Traveler, and Turtle Sundae.

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ITEM #35782



48 OUNCES (1.41L)

# OLD FASHIONED VANILLA

**RICH ICE CREAM WITH A SIMPLE & SWEET VANILLA FLAVOR**

**INGREDIENTS:** MILK, CREAM, BUTTERMILK, SUGAR, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, WHEY (MILK), STABILIZED AND EMULSIFIED BY PROPYLENE GLYCOL, MONO-ESTERS, MONO AND DIGLYCERIDES, GUAR GUM, LOCUST BEAN GUM, CELLULOSE GUM, AND CARRAGEENAN, NATURAL FLAVOR, AND VEGETABLE ANNATTO COLOR. **CONTAINS: MILK**

## Nutrition Facts

9 servings per container  
**Serving size** 2/3 cup (97g)

**Amount per serving**  
**Calories** **180**

	% Daily Value*
<b>Total Fat</b> 9g	<b>12%</b>
<b>Saturated Fat</b> 5g	<b>26%</b>
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 40mg	<b>14%</b>
<b>Sodium</b> 95mg	<b>4%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 0g	<b>0%</b>
<b>Total Sugars</b> 23g	
Includes 14g Added Sugars	<b>28%</b>
<b>Protein</b> 3g	
Vitamin D .233mcg	1.2%
Calcium 88mg	6.8%
Iron .08mg	0%
Potassium 126mg	3%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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ITEM #35779



48 OUNCES (1.41L)

## Nutrition Facts

9 servings per container  
**Serving size** 2/3 cup (88g)

**Amount per serving**  
**Calories** **210**

	% Daily Value*
<b>Total Fat</b> 9g	<b>12%</b>
<b>Saturated Fat</b> 6g	<b>28%</b>
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 30g	<b>11%</b>
Dietary Fiber 0g	<b>0%</b>
<b>Total Sugars</b> 51g	
Includes 21g Added Sugars	<b>42%</b>
<b>Protein</b> 3g	
Vitamin D .177mcg	0.9%
Calcium 78mg	6%
Iron .11mg	1%
Potassium 102mg	2%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# BUTTER BRICKLE

## SWEET CARAMEL ICE CREAM WITH CHOCOLATE TOFFEE PIECES & SMOOTH CARAMEL SWIRLS

**INGREDIENTS:** MILK, CREAM, BUTTERMILK, CARAMEL VARIEGATE (CORN SYRUP, WATER, HIGH FRUCTOSE CORN SYRUP, SUGAR, BUTTER [CREAM, SALT], BUTTERMILK POWDER, SKIM MILK POWDER, PECTIN, MONO AND DIGLYCERIDES, SALT, SODIUM BICARBONATE, POTASSIUM SORBATE, SODIUM CITRATE, XANTHAN GUM), BUTTER CARAMEL BASE (SUGAR, BROWN SUGAR, WATER, CORN SYRUP, MILK, BUTTER, SALT, CORN STARCH MODIFIED, TURMERIC, CARAMEL COLOR, XANTHAN GUM, CITRIC ACID, POTASSIUM SORBATE, SODIUM BICARBONATE, SOY LECITHIN, YELLOW 6), CHOCOLATE BUTTER TOFFEE (SUGAR, COCONUT OIL, BUTTER [CREAM, SALT], CORN SYRUP, PEANUT OIL, BROWN SUGAR, COCOA POWDER [PROCESSED WITH ALKALI], SALT, NATURAL FLAVOR, ALMONDS, SOY LECITHIN), SUGAR, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, WHEY (MILK), STABILIZED AND EMULSIFIED BY PROPYLENE GLYCOL, MONO-ESTERS, MONO AND DIGLYCERIDES, GUAR GUM, LOCUST BEAN GUM, CELLULOSE GUM, AND CARRAGEENAN. **CONTAINS: MILK, ALMONDS, SOY**

  
**Hiland**<sup>®</sup>  
**ICE CREAM**  
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ITEM #35780



48 OUNCES (1.41L)

## Nutrition Facts

9 servings per container  
**Serving size** 2/3 cup (88g)

**Amount per serving**  
**Calories** **200**

	% Daily Value*
<b>Total Fat</b> 8g	<b>11%</b>
<b>Saturated Fat</b> 5g	<b>23%</b>
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 30mg	<b>11%</b>
<b>Sodium</b> 90mg	<b>4%</b>
<b>Total Carbohydrate</b> 29g	<b>11%</b>
Dietary Fiber 1g	<b>3%</b>
Total Sugars 27g	
Includes 20g Added Sugars	<b>39%</b>
<b>Protein</b> 3g	
Vitamin D .179mcg	0.9%
Calcium 75mg	5.8%
Iron .5mg	3%
Potassium 156mg	3%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# CHOCOLATE BROWNIE FUDGE

**BROWNIE FUDGE & CHOCOLATE SAUCE SWIRLED IN CHOCOLATE ICE CREAM**

**INGREDIENTS:** MILK, CREAM, BUTTERMILK, CHOCOLATE VARIEGATE (HIGH FRUCTOSE CORN SYRUP, WATER, CORN SYRUP, COCOA POWDER [PROCESSED WITH ALKALI], SUGAR, CORN STARCH, PROPYLENE GLYCOL, SKIM MILK POWDER, SALT, POTASSIUM SORBATE, ARTIFICIAL FLAVOR). SUGAR, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, BROWNIES (WHEAT FLOUR, POWDERED SUGAR [SUGAR, CORNSTARCH], COCOA [PROCESSED WITH ALKALI], PALM OIL, WATER, TAPIOCA SYRUP, SALT, VANILLA EXTRACT), COCOA [PROCESSED WITH ALKALI], WHEY (MILK), STABILIZED AND EMULSIFIED BY PROPYLENE GLYCOL, MONO-ESTERS, MONO AND DIGLYCERIDES, GUAR GUM, LOCUST BEAN GUM, CELLULOSE GUM, AND CARRAGEENAN.

**CONTAINS: MILK, WHEAT**

  
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# OUTLAW RUN

**CHOCOLATE CHUNKS & SWIRLS OF SEA SALTED CARAMEL IN RICH VANILLA ICE CREAM**

**INGREDIENTS:** MILK, CREAM, BUTTERMILK, CARAMEL VARIEGATE (CORN SYRUP, WATER, HIGH FRUCTOSE CORN SYRUP, SUGAR, BUTTER [CREAM, SALT], BUTTERMILK POWDER, SKIM MILK POWDER, PECTIN, MONO AND DIGLYCERIDES, SALT, SODIUM BICARBONATE, POTASSIUM SORBATE, SODIUM CITRATE, XANTHAN GUM), SUGAR, CHOCOLATE CHIPS (SUGAR, COCONUT OIL, COCOA POWDER [PROCESSED WITH ALKALI], COCOA POWDER, SALT, SOY LECITHIN, NATURAL FLAVOR), CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, WHEY (MILK), SEA SALT, STABILIZED AND EMULSIFIED BY PROPYLENE GLYCOL, MONO-ESTERS, MONO AND DIGLYCERIDES, GUAR GUM, LOCUST BEAN GUM, CELLULOSE GUM, AND CARRAGEENAN, NATURAL FLAVOR, AND VEGETABLE ANNATTO COLOR.

**CONTAINS: MILK, SOY**

**Hiland**  
**ICE CREAM**  
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ITEM #35783



48 OUNCES (1.41L)

## Nutrition Facts

9 servings per container  
 Serving size **2/3 cup (88g)**

Amount per serving  
**Calories 210**

	% Daily Value*
<b>Total Fat</b> 9g	<b>12%</b>
<b>Saturated Fat</b> 6g	<b>29%</b>
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 115mg	<b>5%</b>
<b>Total Carbohydrate</b> 28g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
<b>Total Sugars</b> 26g	
Includes 18g Added Sugars	<b>36%</b>
<b>Protein</b> 3g	
Vitamin D .195mcg	1%
Calcium 81mg	6.2%
Iron .26mg	1%
Potassium 124mg	3%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.





# ROCKY ROAD

**SWIRLED CHOCOLATE & MARSHMALLOW  
FLAVORED ICE CREAM WITH ALMOND PIECES**

**INGREDIENTS:** MILK, CREAM, BUTTERMILK, SUGAR, HIGH FRUCTOSE CORN SYRUP, ALMONDS, CORN SYRUP, MARSHMALLOW BASE (CORN SYRUP, WATER, GLYCEROL MONOSTERATE, PROPYLENE GLYCOL ALGINATE, WHEY PROTEIN CONCENTRATE, TITANIUM DIOXIDE, MONOGLYCERIDES, POTASSIUM SORBATE, PHOSPHORIC ACID, XANTHAN GUM, SALT, NATURAL FLAVOR), WHEY (MILK), COCOA [PROCESSED WITH ALKALI], STABILIZED AND EMULSIFIED BY PROPYLENE GLYCOL, MONO-ESTERS, MONO AND DIGLYCERIDES, GUAR GUM, LOCUST BEAN GUM, CELLULOSE GUM, AND CARRAGEENAN.

**CONTAINS: MILK, ALMONDS**

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ITEM #35784



48 OUNCES (1.41L)

## Nutrition Facts

9 servings per container  
Serving size **2/3 cup (88g)**

Amount per serving  
**Calories** **210**

	% Daily Value*
<b>Total Fat</b> 11g	<b>14%</b>
<b>Saturated Fat</b> 5g	<b>25%</b>
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 95mg	<b>4%</b>
<b>Total Carbohydrate</b> 25g	<b>9%</b>
Dietary Fiber 1g	<b>3%</b>
Total Sugars 23g	
Includes 15g Added Sugars	<b>29%</b>
<b>Protein</b> 4g	
Vitamin D .201mcg	1%
Calcium 96mg	7.4%
Iron .23mg	1%
Potassium 154mg	3%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.







# Hiland<sup>TM</sup>

## ICE CREAM

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# LIGHT ICE CREAM

**HILAND'S LIGHT ICE CREAM SCROUNDS ARE A GUARANTEED CROWD PLEASER WITH 44% LESS FAT AND 12% FEWER CALORIES IN 11 TIMELESS FLAVORS.**

Hiland's Light Ice Cream line includes the classic flavors: Vanilla, Chocolate, Strawberry, Black Walnut, Cherry Vanilla, Chocolate Chip, Chocolate Chip Cookie Dough, Cookie Overload, Mint Chocolate Chip, Neapolitan, Peanut Butter Chocolate, Peppermint Stick, and Strawberry Cheesecake.

[HILANDDAIRY.COM](http://HILANDDAIRY.COM)



# VANILLA

## CLASSIC VANILLA FLAVORED ICE CREAM

**INGREDIENTS:** MILK, BUTTERMILK, CREAM, SUGAR, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, WHEY (MILK), STABILIZED AND EMULSIFIED BY MONO AND DIGLYCERIDES, GUAR GUM, CELLULOSE GUM, AND CARRAGEENAN, ARTIFICIAL FLAVOR, VEGETABLE ANNATTO COLOR, VITAMIN A PALMITATE.

**CONTAINS: MILK**

**44% LESS FAT AND 12% FEWER CALORIES THAN REGULAR ICE CREAM**

**Hiland**  
ICE CREAM  
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ITEM #35798



48 OUNCES (1.41L)

## Nutrition Facts

9 servings per container  
Serving size **2/3 cup (87g)**

Amount per serving  
**Calories 150**

	% Daily Value*
<b>Total Fat</b> 4g	<b>6%</b>
<b>Saturated Fat</b> 3g	<b>13%</b>
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 110mg	<b>5%</b>
<b>Total Carbohydrate</b> 25g	<b>8%</b>
Dietary Fiber 0g	<b>0%</b>
<b>Total Sugars</b> 19g	
Includes 12g Added Sugars	<b>24%</b>
<b>Protein</b> 3g	
Vitamin D .076mcg	0.4%
Calcium 132mg	10.2%
Iron .14mg	1%
Potassium 215mg	5%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.







ITEM #35787



48 OUNCES (1.41L)

# CHOCOLATE

## CLASSIC CHOCOLATE ICE CREAM ICE CREAM MADE WITH REAL COCOA

**INGREDIENTS:** MILK, BUTTERMILK, CREAM, SUGAR, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, WHEY (MILK), COCOA (PROCESSED WITH ALKALI), STABILIZED AND EMULSIFIED BY MONO AND DIGLYCERIDES, GUAR GUM, CELLULOSE GUM, AND CARRAGEENAN, VITAMIN A PALMITATE. **CONTAINS: MILK**

44% LESS FAT AND 11% FEWER CALORIES THAN REGULAR ICE CREAM



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## Nutrition Facts

9 servings per container  
Serving size 2/3 cup (87g)

Amount per serving  
**Calories 160**

	% Daily Value*
<b>Total Fat</b> 5g	6%
<b>Saturated Fat</b> 3g	14%
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 25mg	8%
<b>Sodium</b> 110mg	5%
<b>Total Carbohydrate</b> 26g	10%
Dietary Fiber 0g	0%
Total Sugars 19g	
Includes 12g Added Sugars	24%
<b>Protein</b> 4g	
Vitamin D .079mcg	0.4%
Calcium 132mg	10.2%
Iron .14mg	1%
Potassium 215mg	5%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.





# STRAWBERRY

## STRAWBERRY FLAVORED ICE CREAM WITH SWEET STRAWBERRY BITS

**INGREDIENTS:** MILK, BUTTERMILK, CREAM, SUGAR, CORN SYRUP, STRAWBERRIES (STRAWBERRIES, CORN SYRUP, WATER, HIGH FRUCTOSE CORN SYRUP, SUGAR, MODIFIED FOOD STARCH, NATURAL FLAVOR, CITRIC ACID, CARRAGEENAN, SODIUM BENZOATE, POTASSIUM SORBATE, RED #40), HIGH FRUCTOSE CORN SYRUP, WHEY (MILK), STRAWBERRY PUREE (WATER, SUGAR, STRAWBERRIES, CORN SYRUP, MODIFIED FOOD STARCH, NATURAL FLAVOR, CITRIC ACID, SODIUM BENZOATE, POTASSIUM SORBATE, RED #40), STABILIZED AND EMULSIFIED BY MONO AND DIGLYCERIDES, GUAR GUM, CELLULOSE GUM, AND CARRAGEENAN, NATURAL FLAVOR, RED #40, BLUE #1, VITAMIN A PALMITATE. **CONTAINS: MILK**

**50% LESS FAT AND 11% FEWER CALORIES THAN REGULAR ICE CREAM**

**Hiland**<sup>®</sup>  
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ITEM #35796



48 OUNCES (1.41L)

## Nutrition Facts

9 servings per container  
Serving size 2/3 cup (87g)

Amount per serving  
**Calories 150**

	% Daily Value*
<b>Total Fat</b> 4g	<b>5%</b>
<b>Saturated Fat</b> 2g	<b>11%</b>
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 100mg	<b>4%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 20g	
Includes 14g Added Sugars	<b>29%</b>
<b>Protein</b> 3g	
Vitamin D .066mcg	0.3%
Calcium 115mg	8.9%
Iron .31mg	2%
Potassium 198mg	4%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.







# BLACK WALNUT

## CLASSIC BLACK WALNUT ICE CREAM WITH HAMMONS BLACK WALNUT PIECES

**INGREDIENTS:** MILK, BUTTERMILK, CREAM, SUGAR, CORN SYRUP, BLACK WALNUTS, HIGH FRUCTOSE CORN SYRUP, WHEY (MILK), STABILIZED AND EMULSIFIED BY MONO AND DIGLYCERIDES, GUAR GUM, CELLULOSE GUM, AND CARRAGEENAN, NATURAL FLAVOR, VEGETABLE ANNATTO COLOR, VITAMIN A PALMITATE.

**CONTAINS: MILK, BLACK WALNUTS**

**36% LESS FAT AND 22% FEWER CALORIES THAN REGULAR ICE CREAM**

**Hiland**  
ICE CREAM  
A division of Hiland Dairy

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ITEM #35785



48 OUNCES (1.41L)

### Nutrition Facts

9 servings per container  
Serving size 2/3 cup (87g)

Amount per serving  
**Calories 170**

	% Daily Value*
<b>Total Fat</b> 7g	<b>9%</b>
<b>Saturated Fat</b> 2g	<b>12%</b>
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 105mg	<b>4%</b>
<b>Total Carbohydrate</b> 24g	<b>9%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 18g	
Includes 12g Added Sugars	<b>23%</b>
<b>Protein</b> 4g	
Vitamin D .072mcg	0.4%
Calcium 128mg	9.9%
Iron .27mg	2%
Potassium 227mg	5%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.





# CHERRY VANILLA

**VANILLA ICE CREAM WITH MARASCHINO CHERRY CHUNKS**

**INGREDIENTS:** MILK, BUTTERMILK, CREAM, MARASCHINO CHERRIES (CHERRIES, WATER, SUGAR, CITRIC ACID, SODIUM BENZOATE, POTASSIUM SORBATE, NATURAL FLAVORS RED #40), SUGAR, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, WHEY (MILK), STABILIZED AND EMULSIFIED BY MONO AND DIGLYCERIDES, GUAR GUM, CELLULOSE GUM, AND CARRAGEENAN, ARTIFICIAL FLAVOR, VEGETABLE ANNATTO COLOR, VITAMIN A PALMITATE. **CONTAINS: MILK**

**50% LESS FAT AND 12% FEWER CALORIES THAN REGULAR ICE CREAM**

**Hiland**  
ICE CREAM  
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ITEM #35786



48 OUNCES (1.41L)

## Nutrition Facts

9 servings per container  
Serving size 2/3 cup (87g)

Amount per serving  
**Calories 150**

	% Daily Value*
<b>Total Fat</b> 4g	<b>5%</b>
<b>Saturated Fat</b> 2g	<b>11%</b>
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 100mg	<b>4%</b>
<b>Total Carbohydrate</b> 26g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 21g	
Includes 16g Added Sugars	<b>31%</b>
<b>Protein</b> 3g	
Vitamin D .066mcg	0.3%
Calcium 122mg	9.4%
Iron .12mg	1%
Potassium 189mg	4%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.







# CHOCOLATE CHIP

**VANILLA FLAVORED ICE CREAM WITH CHOCOLATE CHIPS**

**INGREDIENTS:** MILK, BUTTERMILK, CREAM, SUGAR, CORN SYRUP, CHOCOLATE CHIPS (SUGAR, COCONUT OIL, COCOA [PROCESSED WITH ALKALI], COCOA, SALT, SOY LECITHIN, NATURAL FLAVOR), HIGH FRUCTOSE CORN SYRUP, WHEY (MILK), STABILIZED AND EMULSIFIED BY MONO AND DIGLYCERIDES, GUAR GUM, CELLULOSE GUM, AND CARRAGEENAN, ARTIFICIAL FLAVOR, VITAMIN A PALMITATE. **CONTAINS: MILK, SOY**

**40% LESS FAT AND 6% FEWER CALORIES THAN REGULAR ICE CREAM**

**Hiland**  
ICE CREAM  
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ITEM #35788



48 OUNCES (1.41L)

## Nutrition Facts

9 servings per container  
Serving size 2/3 cup (87g)

Amount per serving  
**Calories 170**

	% Daily Value*
<b>Total Fat</b> 6g	<b>7%</b>
<b>Saturated Fat</b> 4g	<b>19%</b>
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 120mg	<b>5%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 21g	
Includes 14g Added Sugars	<b>29%</b>
<b>Protein</b> 3g	
Vitamin D .071mcg	0.4%
Calcium 125mg	9.6%
Iron .37mg	2%
Potassium 222mg	5%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.





# CHOCOLATE CHIP COOKIE DOUGH

## CHOCOLATE CHIP COOKIE DOUGH CHUNKS IN VANILLA FLAVORED ICE CREAM

**INGREDIENTS:** MILK, BUTTERMILK, CREAM, SUGAR, COOKIE DOUGH (WHEAT FLOUR, BROWN SUGAR, CHOCOLATE CHIPS [SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN], PALM OIL, WATER, NATURAL FLAVORS, SOY LECITHIN, SALT), CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, CHOCOLATE CHIPS (SUGAR, COCONUT OIL, COCOA [PROCESSED WITH ALKALI], COCOA, SALT, SOY LECITHIN, NATURAL FLAVOR), WHEY (MILK), STABILIZED AND EMULSIFIED BY MONO AND DIGLYCERIDES, GUAR GUM, CELLULOSE GUM, AND CARRAGEENAN, ARTIFICIAL FLAVOR, VITAMIN A PALMITATE.

**CONTAINS: MILK, WHEAT, SOY**

**30% LESS FAT AND 13% FEWER CALORIES THAN REGULAR ICE CREAM**

**Hiland**  
ICE CREAM  
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A division of Hiland Dairy

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ITEM #35791



48 OUNCES (1.41L)

## Nutrition Facts

9 servings per container  
Serving size **2/3 cup (87g)**

Amount per serving  
**Calories 200**

	% Daily Value*
<b>Total Fat</b> 7g	<b>9%</b>
<b>Saturated Fat</b> 5g	<b>25%</b>
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 125mg	<b>5%</b>
<b>Total Carbohydrate</b> 31g	<b>11%</b>
Dietary Fiber 1g	<b>2%</b>
Total Sugars 23g	
Includes 18g Added Sugars	<b>35%</b>
<b>Protein</b> 3g	
Vitamin D .062mcg	0.3%
Calcium 111mg	8.6%
Iron .61mg	3%
Potassium 219mg	5%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.







# COOKIE OVERLOAD

VANILLA ICE CREAM LOADED WITH CHOCOLATE COOKIE PIECES

**INGREDIENTS:** MILK, BUTTERMILK, CREAM, COOKIE PIECES (SUGAR, UNBLEACHED UNENRICHED WHEAT FLOUR, PALM AND PALM KERNEL OIL, COCOA [PROCESSED WITH ALKALI], SALT, SODIUM BICARBONATE, SOY LECITHIN, AND NATURAL FLAVOR), SUGAR, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, WHEY (MILK), STABILIZED AND EMULSIFIED BY MONO AND DIGLYCERIDES, GUAR GUM, CELLULOSE GUM, AND CARRAGEENAN, ARTIFICIAL FLAVOR, VITAMIN A PALMITATE.

**CONTAINS: MILK, WHEAT, SOY**

53% LESS FAT AND 16% FEWER CALORIES THAN REGULAR ICE CREAM

**Hiland**  
ICE CREAM  
FARMER OWNED  
A division of Hiland Dairy

HILANDDAIRY.COM

ITEM #35792



48 OUNCES (1.41L)

## Nutrition Facts

9 servings per container  
Serving size 2/3 cup (87g)

Amount per serving  
**Calories 185**

	% Daily Value*
<b>Total Fat</b> 6g	<b>8%</b>
<b>Saturated Fat</b> 3g	<b>16%</b>
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 150mg	<b>6%</b>
<b>Total Carbohydrate</b> 30g	<b>11%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 21g	
Includes 15g Added Sugars	<b>30%</b>
<b>Protein</b> 4g	
Vitamin D .066mcg	0.3%
Calcium 117mg	9%
Iron .61mg	3%
Potassium 206mg	4%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.





ITEM #35793



48 OUNCES (1.41L)

## Nutrition Facts

9 servings per container  
**Serving size** 2/3 cup (87g)

**Amount per serving**  
**Calories** **170**

	% Daily Value*
<b>Total Fat</b> 6g	<b>7%</b>
<b>Saturated Fat</b> 4g	<b>19%</b>
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 120mg	<b>5%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
<b>Total Sugars</b> 21g	
Includes 14g Added Sugars	<b>29%</b>
<b>Protein</b> 3g	
Vitamin D .071mcg	0.4%
Calcium 125mg	9.6%
Iron .37mg	2%
Potassium 222mg	5%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# MINT CHOCOLATE CHIP

**MINT FLAVORED ICE CREAM WITH CHOCOLATE CHIPS**

**INGREDIENTS:** MILK, BUTTERMILK, CREAM, SUGAR, CORN SYRUP, CHOCOLATE CHIPS (SUGAR, COCONUT OIL, COCOA [PROCESSED WITH ALKALI], COCOA, SALT, SOY LECITHIN, NATURAL FLAVOR), HIGH FRUCTOSE CORN SYRUP, WHEY (MILK), STABILIZED AND EMULSIFIED BY MONO AND DIGLYCERIDES, GUAR GUM, CELLULOSE GUM, AND CARRAGEENAN, NATURAL FLAVOR, YELLOW #5, BLUE #1, VITAMIN A PALMITATE.

**CONTAINS: MILK, SOY**

**40% LESS FAT AND 11% FEWER CALORIES THAN REGULAR ICE CREAM**

**Hiland**  
**ICE CREAM**  
 FARMER OWNED  
 A division of Hiland Dairy

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# NEAPOLITAN

## STRAWBERRY, CHOCOLATE, AND VANILLA FLAVORED ICE CREAM

**INGREDIENTS:** MILK, BUTTERMILK, CREAM, SUGAR, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, WHEY (MILK), COCOA (PROCESSED WITH ALKALI), STRAWBERRY PUREE (WATER, SUGAR, STRAWBERRIES, CORN SYRUP, MODIFIED FOOD STARCH, NATURAL FLAVOR, CITRIC ACID, SODIUM BENZOATE, POTASSIUM SORBATE, RED #40), STABILIZED AND EMULSIFIED BY MONO AND DIGLYCERIDES, GUAR GUM, CELLULOSE GUM, AND CARRAGEENAN, NATURAL AND ARTIFICIAL FLAVOR, RED #40, BLUE #1, VEGETABLE ANNATTO COLOR, VITAMIN A PALMITATE. **CONTAINS: MILK**

**44% LESS FAT AND 9% FEWER CALORIES THAN REGULAR ICE CREAM**

**Hiland**  
ICE CREAM  
FARMER OWNED  
A division of Hiland Dairy

HILANDDAIRY.COM

ITEM #35794



48 OUNCES (1.41L)

## Nutrition Facts

9 servings per container  
Serving size 2/3 cup (97g)

Amount per serving  
**Calories 220**

	% Daily Value*
<b>Total Fat</b> 11g	<b>16%</b>
<b>Saturated Fat</b> 6g	<b>28%</b>
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 45mg	<b>14%</b>
<b>Sodium</b> 135mg	<b>6%</b>
<b>Total Carbohydrate</b> 28g	<b>9%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 26g	
Includes 17g Added Sugars	<b>34%</b>
<b>Protein</b> 3g	
Vitamin D .24mcg	1.2%
Calcium 90mg	6.9%
Iron .32mg	2%
Potassium 129mg	4%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.





# PEPPERMINT STICK

**RED AND GREEN PEPPERMINT CANDIES IN MINT ICE CREAM**

**INGREDIENTS:** MILK, BUTTERMILK, CREAM, SUGAR, CORN SYRUP, PEPPERMINT CANDY (SUGAR, CORN SYRUP, NATURAL FLAVOR, WATER, PALM KERNEL OIL, SUNFLOWER LECITHIN, GREEN BRILLIANT PASTE, RED 40), HIGH FRUCTOSE CORN SYRUP, WHEY (MILK), STABILIZED AND EMULSIFIED BY MONO AND DIGLYCERIDES, GUAR GUM, CELLULOSE GUM, AND CARRAGEENAN, NATURAL FLAVOR, VITAMIN A PALMITATE. **CONTAINS: MILK**

**54% LESS FAT AND 18% FEWER CALORIES THAN REGULAR ICE CREAM**

**Hiland**  
ICE CREAM  
FARMER OWNED  
A division of Hiland Dairy

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ITEM #35795



48 OUNCES (1.41L)

## Nutrition Facts

9 servings per container  
Serving size 2/3 cup (87g)

Amount per serving  
**Calories 165**

	% Daily Value*
<b>Total Fat</b> 5g	<b>6%</b>
<b>Saturated Fat</b> 3g	<b>14%</b>
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 105mg	<b>4%</b>
<b>Total Carbohydrate</b> 28g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 21g	
Includes 15g Added Sugars	<b>30%</b>
<b>Protein</b> 3g	
Vitamin D .071mcg	0.4%
Calcium 124mg	9.5%
Iron .13mg	1%
Potassium 200mg	4%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

