



HilandTM

ICE CREAM

FARMER OWNED

A division of Hiland Dairy



PREMIUM ICE CREAM

HILAND'S PREMIUM ICE CREAM SCOUNDINGS 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.

HILANDDAIRY.COM



ITEM #28863



48 OUNCES (1.41L)

HOMEMADE VANILLA

CLASSIC HOME STYLE VANILLA ICE CREAM

INGREDIENTS: MILK, CREAM, SUGAR, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, WHEY (MILK), EGG BASE (PASTEURIZED EGG YOLKS, SUGAR, CORN SYRUP, WATER, SALT, SODIUM BENZOATE, POTASSIUM SORBATE, ANNATTO & TURMERIC EXTRACTS), STABILIZED AND EMULSIFIED BY MONO AND DIGLYCERIDES, GUAR GUM, LOCUST BEAN GUM, CELLULOSE GUM, AND CARRAGEENAN, ARTIFICIAL FLAVOR, AND VEGETABLE ANNATTO COLOR.

CONTAINS: MILK, EGGS

Nutrition Facts

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

Amount per serving
Calories **180**

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 45mg	14%
Sodium 90mg	4%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Total Sugars 19g	
Includes 15g Added Sugars	31%
Protein 6g	
Vitamin D .255mcg	1.3%
Calcium 85mg	6.5%
Iron .08mg	0%
Potassium 130mg	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.



HILANDDAIRY.COM





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*
Total Fat 9g	12%
Saturated Fat 5g	26%
Trans Fat 0g	
Cholesterol 40mg	14%
Sodium 95mg	4%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Total Sugars 23g	
Includes 14g Added Sugars	28%
Protein 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.



HILANDDAIRY.COM





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*
Total Fat 9g	12%
Saturated Fat 6g	28%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 180mg	8%
Total Carbohydrate 30g	11%
Dietary Fiber 0g	0%
Total Sugars 51g	
Includes 21g Added Sugars	42%
Protein 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[®]
ICE CREAM
 FARMER OWNED
 A division of Hiland Dairy

HILANDDAIRY.COM





BUTTER PECAN

NATURALLY FLAVORED PECAN ICE CREAM AND REAL PECAN PIECES

INGREDIENTS: MILK, CREAM, BUTTERMILK, PECANS, 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 & ARTIFICIAL FLAVOR, AND VEGETABLE ANNATTO COLOR. **CONTAINS: MILK, PECANS**

Hiland[®]
ICE CREAM
A division of Hiland Dairy
FARMER OWNED

HILANDDAIRY.COM

ITEM #28867



48 OUNCES (1.41L)

Nutrition Facts

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

Amount per serving
Calories 220

	% Daily Value*
Total Fat 14g	18%
Saturated Fat 5g	27%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 120mg	5%
Total Carbohydrate 22g	8%
Dietary Fiber 1g	3%
Total Sugars 22g	
Includes 13g Added Sugars	26%
Protein 3g	
Vitamin D .212mcg	1.1%
Calcium 85mg	6.6%
Iron .26mg	1%
Potassium 145mg	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.





CARAMEL WAFFLE CONE

CARAMEL ICE CREAM WITH MILK CHOCOLATE SWIRLS AND CHOCOLATE WAFFLE PIECES

INGREDIENTS: MILK, CREAM, BUTTERMILK, MILK CHOCOLATE VARIEGATE (CORN SYRUP, WATER, SWEETENED CONDENSED WHOLE MILK [CONDENSED WHOLE MILK, SUGAR], SUGAR, CHOCOLATE LIQUOR, MODIFIED CORN STARCH, SALT, POTASSIUM SORBATE, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR), SUGAR, CHOCOLATE COVERED WAFFLE CONE PIECES (SUGAR CONE [ENRICHED WHEAT FLOUR (CONTAINS WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BROWN SUGAR, VEGETABLE OIL SHORTENING (CONTAINS ONE OR MORE OF: CANOLA OIL, MODIFIED PALM OIL, SOYBEAN OIL, SOY LECITHIN)], SUGAR, COCONUT OIL, NONFAT MILK, MILK, COCOA [PROCESSED WITH ALKALI], COCOA, SOY LECITHIN, NATURAL FLAVORS), CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, CARAMEL BASE (SWEETENED CONDENSED MILK, CORN SYRUP, WATER, CREAM, NATURAL FLAVORS, DISODIUM PHOSPHATE, POTASSIUM SORBATE, CARAMEL COLOR), WHEY (MILK), STABILIZED AND EMULSIFIED BY PROPYLENE GLYCOL, MONO-ESTERS, MONO AND DIGLYCERIDES, GUAR GUM, LOCUST BEAN GUM, CELLULOSE GUM, AND CARRAGEENAN. **CONTAINS: MILK, SOY, WHEAT**

Hiland[®]
ICE CREAM
 A division of Hiland Dairy
 FARMER OWNED

HILANDDAIRY.COM

ITEM #28875



48 OUNCES (1.41L)

Nutrition Facts

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

Amount per serving
Calories **210**

	% Daily Value*
Total Fat 9g	11%
Saturated Fat 5g	27%
Trans Fat 0g	
Cholesterol 35mg	11%
Sodium 95mg	4%
Total Carbohydrate 30g	11%
Dietary Fiber 0g	0%
Total Sugars 27g	
Includes 19g Added Sugars	39%

Protein 3g	
Vitamin D .174mcg	0.9%
Calcium 82mg	6.3%
Iron .26mg	1%
Potassium 118mg	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.





CHERRY CHEESECAKE

CHEESECAKE ICE CREAM WITH CRUNCHY GRAHAM PIECES AND CHERRY RIBBONS

INGREDIENTS: MILK, CREAM, CHERRY VARIEGATE (SUGAR, CORN SYRUP, WATER, CORN STARCH MODIFIED, CITRIC ACID, NATURAL FLAVOR, BLACK CARROT JUICE CONCENTRATE FOR COLOR), GRAHAM CRUNCH (GRAHAM CRUNCH PIECES [BLEACHED ENRICHED FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SUGAR, GRAHAM FLOUR, PALM OIL, MOLASSES, SALT, SODIUM BICARBONATE, CARAMEL COLOR), 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 & ARTIFICIAL FLAVOR.

CONTAINS: MILK, WHEAT

Hiland
ICE CREAM
A division of Hiland Dairy
FARMER OWNED

HILANDDAIRY.COM

ITEM #35781



48 OUNCES (1.41L)

Nutrition Facts

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

Amount per serving
Calories 200

	% Daily Value*
Total Fat 9g	11%
Saturated Fat 5g	27%
Trans Fat 0g	
Cholesterol 30mg	11%
Sodium 100mg	4%
Total Carbohydrate 30g	11%
Dietary Fiber 0g	0%
Total Sugars 26g	
Includes 19g Added Sugars	38%
Protein 3g	
Vitamin D .177mcg	0.9%
Calcium 72mg	5.6%
Iron .19mg	1%
Potassium 103mg	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.





CHERRY CHOCOLATE CHUNK

**CHERRY FLAVORED ICE CREAM WITH REAL
CHERRY PIECES AND CHOCOLATE CHUNKS**

INGREDIENTS: MILK, CREAM, BUTTERMILK, CHERRIES (CHERRIES, WATER, SUGAR, MODIFIED FOOD STARCH, CITRIC ACID, SODIUM BENZOATE, POTASSIUM SORBATE, NATURAL FLAVORS, RED #40, BLUE #1, BLUE #2), CHOCOLATE CHIPS (SUGAR, COCONUT OIL, COCOA POWDER [PROCESSED WITH ALKALI], COCOA POWDER, SALT, SOY LECITHIN, NATURAL FLAVOR), 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 AND ARTIFICIAL FLAVOR. **CONTAINS: MILK, SOY**


Hiland[®]
ICE CREAM
A division of Hiland Dairy

HILANDDAIRY.COM

ITEM #28876



48 OUNCES (1.41L)

Nutrition Facts

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

Amount per serving
Calories 200

	% Daily Value*
Total Fat 9g	11%
Saturated Fat 5g	27%
Trans Fat 0g	
Cholesterol 30mg	11%
Sodium 90mg	4%
Total Carbohydrate 29g	10%
Dietary Fiber 0g	0%
Total Sugars 28g	
Includes 21g Added Sugars	42%
Protein 3g	
Vitamin D .181mcg	0.9%
Calcium 79mg	6.1%
Iron .29mg	2%
Potassium 122mg	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



HILANDDAIRY.COM

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*
Total Fat 8g	11%
Saturated Fat 5g	23%
Trans Fat 0g	
Cholesterol 30mg	11%
Sodium 90mg	4%
Total Carbohydrate 29g	11%
Dietary Fiber 1g	3%
Total Sugars 27g	
Includes 20g Added Sugars	39%
Protein 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.





FIRE IN THE HOLE

MARSHMALLOW ICE CREAM WITH GRAHAM CRACKER PIECES AND CHOCOLATE RIBBONS

INGREDIENTS: MILK, CREAM, BUTTERMILK, 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), 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), GRAHAM CRUNCH (SUGAR, ENRICHED BLEACHED WHEAT FLOUR [BLEACHED WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], COCONUT OIL, GRAHAM FLOUR, PALM OIL, SALT, SPICE, MOLASSES, CARAMEL COLOR, SORBIC ACID, SODIUM BICARBONATE, NATURAL FLAVOR), 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, WHEAT**

Hiland[®]
ICE CREAM
 A division of Hiland Dairy
 HILANDDAIRY.COM

ITEM #35495



48 OUNCES (1.41L)

Nutrition Facts

9 servings per container	
Serving size	2/3 cup (88g)
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 8g	11%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 100mg	4%
Total Carbohydrate 32g	12%
Dietary Fiber 0g	0%
Total Sugars 24g	
Includes 17g Added Sugars	34%
Protein 3g	
Vitamin D .166mcg	0.8%
Calcium 65mg	5%
Iron .38mg	2%
Potassium 112mg	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.





ITEM #28869



48 OUNCES (1.41L)

Nutrition Facts

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

Amount per serving
Calories **250**

	% Daily Value*
Total Fat 15g	19%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 35mg	11%
Sodium 110mg	5%
Total Carbohydrate 28g	10%
Dietary Fiber 1g	4%
Total Sugars 27g	
Includes 19g Added Sugars	38%
Protein 4g	
Vitamin D .18mcg	0.9%
Calcium 84mg	6.5%
Iron 1.05mg	6%
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.

MOOSE TRACKS

**VANILLA FLAVORED ICE CREAM
 WITH PEANUT BUTTER CUPS AND
 FAMOUS MOOSE TRACKS® FUDGE**

INGREDIENTS: MILK, CREAM, BUTTERMILK, FUDGE VARIEGATE (POWDERED SUGAR [SUGAR, CORN STARCH], VEGETABLE OIL (PEANUT AND/OR COTTONSEED AND/OR PALM OIL, COCOA [PROCESSED WITH ALKALI], WHEY, SALT, SOY LECITHIN, SALT, PRESERVATIVE [PROPYLENE GLYCOL, TBHQ AND CITRIC ACID], NATURAL FLAVOR), PEANUT BUTTER CUPS (COATING [SUGAR, COCONUT OIL, COCOA PROCESSED WITH ALKALI, NONFAT MILK, MILK, PARTIALLY HYDROGENATED PALM OIL, SOY LECITHIN, NATURAL FLAVORS], PEANUT BUTTER [PEANUTS, SALT]), 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.

CONTAINS: MILK, PEANUTS, SOY


Hiland[®]
ICE CREAM
 FARMER OWNED
 A division of Hiland Dairy

HILANDDAIRY.COM





CHOCOLATE MOOSE TRACKS

CHOCOLATE ICE CREAM WITH PEANUT BUTTER CUPS AND FAMOUS MOOSE TRACKS® FUDGE

INGREDIENTS: MILK, CREAM, BUTTERMILK, FUDGE VARIEGATE (POWDERED SUGAR [SUGAR, CORN STARCH], VEGETABLE OIL (PEANUT AND/OR COTTONSEED AND/OR PALM OIL, COCOA [PROCESSED WITH ALKALI], WHEY, SALT, SOY LECITHIN, SALT, PRESERVATIVE [PROPYLENE GLYCOL, TBHQ AND CITRIC ACID], NATURAL FLAVOR), PEANUT BUTTER CUPS (COATING [SUGAR, COCONUT OIL, COCOA PROCESSED WITH ALKALI, NONFAT MILK, MILK, PARTIALLY HYDROGENATED PALM OIL, SOY LECITHIN, NATURAL FLAVORS], PEANUT BUTTER [PEANUTS, SALT]), SUGAR, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, 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, PEANUTS, SOY**

HilandTM
ICE CREAM
 A division of Hiland Dairy
 FARMER OWNED
 HILANDDAIRY.COM

ITEM #28870



48 OUNCES (1.41L)

Nutrition Facts

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

Amount per serving
Calories 255

	% Daily Value*
Total Fat 15g	19%
Saturated Fat 7g	36%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 120mg	5%
Total Carbohydrate 30g	11%
Dietary Fiber 1g	5%
Total Sugars 24g	
Includes 19g Added Sugars	38%
Protein 4g	
Vitamin D .188mcg	0.9%
Calcium 100mg	7.7%
Iron 1.06mg	6%
Potassium 216mg	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.





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
 A division of Hiland Dairy
 FARMER OWNED
 HILANDDAIRY.COM

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*
Total Fat 9g	12%
Saturated Fat 6g	29%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 115mg	5%
Total Carbohydrate 28g	10%
Dietary Fiber 0g	0%
Total Sugars 26g	
Includes 18g Added Sugars	36%
Protein 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

Hiland[®]
ICE CREAM
A division of Hiland Dairy
FARMER OWNED

HILANDDAIRY.COM

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*
Total Fat 11g	14%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 95mg	4%
Total Carbohydrate 25g	9%
Dietary Fiber 1g	3%
Total Sugars 23g	
Includes 15g Added Sugars	29%
Protein 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.





SEA SALT CARAMEL ESPRESSO

COFFEE ICE CREAM WITH CHOCOLATE ESPRESSO FLAKES & SALTY CARAMEL RIBBONS

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), ESPRESSO FLAKES (POWDERED SUGAR [SUGAR, CORN STARCH], COCONUT OIL, COCOA [PROCESSED WITH ALKALI], COCOA, COFFEE, BUTTER OIL, SOY LECITHIN, AND NATURAL FLAVOR), SUGAR, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, WHEY (MILK), COFFEE, NATURAL FLAVORS, CARAMEL COLOR, STABILIZED AND EMULSIFIED BY PROPYLENE GLYCOL MONOESTERS, MONO AND DIGLYCERIDES, GUAR GUM, CELLULOSE GUM, AND CARRAGEENAN, SEA SALT.

CONTAINS: MILK, SOY

Hiland
ICE CREAM
 A division of Hiland Dairy
 HILANDDAIRY.COM

ITEM #28874



48 OUNCES (1.41L)

Nutrition Facts

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

Amount per serving
Calories **210**

	% Daily Value*
Total Fat 10g	13%
Saturated Fat 6g	31%
Trans Fat 0g	
Cholesterol 35mg	11%
Sodium 105mg	4%
Total Carbohydrate 29g	10%
Dietary Fiber 1g	2%
Total Sugars 26g	
Includes 19g Added Sugars	37%
Protein 3g	
Vitamin D .18mcg	0.9%
Calcium 79mg	6.1%
Iron 0.81mg	4%
Potassium 98mg	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.





TIME TRAVELER

CHOCOLATE MARSHMALLOW ICE CREAM WITH CHOCOLATE FLAKES AND FUDGE RIBBONS

INGREDIENTS: MILK, CREAM, BUTTERMILK, FRENCH SILK BASE (HIGH FRUCTOSE CORN SYRUP, NONFAT MILK, BUTTER, CORN SYRUP, CHOCOLATE LIQUOR, SUGAR, SODIUM CITRATE, WHEY, VANILLA EXTRACT, POTASSIUM SORBATE, DISODIUM PHOSPHATE, SOY LECITHIN), FUDGE VARIEGATE (POWDERED SUGAR [SUGAR, CORN STARCH], VEGETABLE OIL [PEANUT AND/OR COTTONSEED AND/OR PALM OIL], COCOA [PROCESSED WITH ALKALI], WHEY, SOY LECITHIN, SALT, PROPYLENE GLYCOL, TBHQ, CITRIC ACID, AND NATURAL FLAVOR), CHOCOLATE CHIPS (SUGAR, COCONUT OIL, COCOA POWDER [PROCESSED WITH ALKALI], COCOA POWDER, SALT, SOY LECITHIN, NATURAL FLAVOR), 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), 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, SOY**

Hiland
ICE CREAM
A division of Hiland Dairy
HILANDDAIRY.COM

ITEM #28877



48 OUNCES (1.41L)

Nutrition Facts

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

Amount per serving
Calories **260**

	% Daily Value*
Total Fat 15g	18%
Saturated Fat 8g	36%
Trans Fat 0g	
Cholesterol 35mg	10%
Sodium 190mg	7%
Total Carbohydrate 35g	12%
Dietary Fiber 1g	4%
Total Sugars 30g	
Includes 23g Added Sugars	42%
Protein 3g	
Vitamin D .1mcg	<1%
Calcium 74mg	6%
Iron 1.2mg	7%
Potassium 192mg	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.





TURTLE SUNDAE

PRALINE FLAVORED ICE CREAM WITH CARAMEL FILLED CHOCOLATE TURTLES, WAVES OF CHOCOLATE FUDGE & PRALINE PECANS

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, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, PRALINE BASE (CORN SYRUP, WATER, SALT, BARLEY MALT EXTRACT, MOLASSES, NATURAL FLAVOR, BROWN SUGAR, SUGAR, CARAMEL COLOR, PROPYLENE GLYCOL ALGINATE, POTASSIUM SORBATE), MINI CARAMEL TURTLE (SUGAR, COCONUT OIL, CORN SYRUP, SWEETENED CONDENSED WHOLE MILK [MILK, SUGAR], NONFAT MILK, MILK, COCOA [PROCESSED WITH ALKALI], HEAVY CREAM, BUTTER [CREAM, SALT], PALM KERNEL OIL, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVORS, SALT, POTASSIUM SORBATE), PRALINE PECANS (PECANS, SUGAR, BUTTER, SALT, 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, SOY, PECANS**

Hiland
ICE CREAM
A division of Hiland Dairy
FARMER OWNED
HILANDDAIRY.COM

ITEM #28871



48 OUNCES (1.41L)

Nutrition Facts

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

Amount per serving
Calories 200

	% Daily Value*
Total Fat 9g	11%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 35mg	11%
Sodium 200mg	8%
Total Carbohydrate 29g	11%
Dietary Fiber 0g	0%
Total Sugars 28g	
Includes 20g Added Sugars	40%
Protein 3g	
Vitamin D .185mcg	0.9%
Calcium 76mg	5.9%
Iron .33mg	2%
Potassium 130mg	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.





HilandTM

ICE CREAM

FARMER OWNED

A division of Hiland Dairy



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



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
FARMER OWNED
A division of Hiland Dairy

HILANDDAIRY.COM

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*
Total Fat 4g	6%
Saturated Fat 3g	13%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 110mg	5%
Total Carbohydrate 25g	8%
Dietary Fiber 0g	0%
Total Sugars 19g	
Includes 12g Added Sugars	24%
Protein 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.





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

Hiland
ICE CREAM
 FARMER OWNED
 A division of Hiland Dairy
 HILANDDAIRY.COM

ITEM #35787



48 OUNCES (1.41L)

Nutrition Facts

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

Amount per serving
Calories 160

	% Daily Value*
Total Fat 5g	6%
Saturated Fat 3g	14%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 110mg	5%
Total Carbohydrate 26g	10%
Dietary Fiber 0g	0%
Total Sugars 19g	
Includes 12g Added Sugars	24%
Protein 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[®]
ICE CREAM
FARMER OWNED
A division of Hiland Dairy

HILANDDAIRY.COM

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*
Total Fat 4g	5%
Saturated Fat 2g	11%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 100mg	4%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Total Sugars 20g	
Includes 14g Added Sugars	29%
Protein 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

HILANDDAIRY.COM

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*
Total Fat 7g	9%
Saturated Fat 2g	12%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 105mg	4%
Total Carbohydrate 24g	9%
Dietary Fiber 0g	0%
Total Sugars 18g	
Includes 12g Added Sugars	23%
Protein 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
A division of Hiland Dairy
FARMER OWNED

HILANDDAIRY.COM

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*
Total Fat 4g	5%
Saturated Fat 2g	11%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 100mg	4%
Total Carbohydrate 26g	10%
Dietary Fiber 0g	0%
Total Sugars 21g	
Includes 16g Added Sugars	31%
Protein 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
A division of Hiland Dairy
FARMER OWNED

HILANDDAIRY.COM

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*
Total Fat 6g	7%
Saturated Fat 4g	19%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 120mg	5%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 21g	
Includes 14g Added Sugars	29%
Protein 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
A division of Hiland Dairy

HILANDDAIRY.COM

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*
Total Fat 7g	9%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 125mg	5%
Total Carbohydrate 31g	11%
Dietary Fiber 1g	2%
Total Sugars 23g	
Includes 18g Added Sugars	35%
Protein 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.





ITEM #35789



48 OUNCES (1.41L)

Nutrition Facts

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

Amount per serving
Calories **200**

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 150mg	6%
Total Carbohydrate 25g	9%
Dietary Fiber 0g	0%
Total Sugars 18g	
Includes 11g Added Sugars	23%
Protein 6g	
Vitamin D .069mcg	0.3%
Calcium 120mg	9.2%
Iron .31mg	2%
Potassium 243mg	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 PEANUT BUTTER

CHOCOLATE ICE CREAM WITH PEANUT BUTTER RIBBONS

INGREDIENTS: MILK, BUTTERMILK, CREAM, PEANUT BUTTER (DRY ROASTED PEANUTS, SUGAR, PEANUT OIL, SALT), 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, PEANUTS

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


Hiland
ICE CREAM
 A division of Hiland Dairy

HILANDDAIRY.COM





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*
Total Fat 6g	8%
Saturated Fat 3g	16%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 150mg	6%
Total Carbohydrate 30g	11%
Dietary Fiber 0g	0%
Total Sugars 21g	
Includes 15g Added Sugars	30%
Protein 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*
Total Fat 6g	7%
Saturated Fat 4g	19%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 120mg	5%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 21g	
Includes 14g Added Sugars	29%
Protein 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

HILANDDAIRY.COM





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*
Total Fat 11g	16%
Saturated Fat 6g	28%
Trans Fat 0g	
Cholesterol 45mg	14%
Sodium 135mg	6%
Total Carbohydrate 28g	9%
Dietary Fiber 0g	0%
Total Sugars 26g	
Includes 17g Added Sugars	34%
Protein 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

HILANDDAIRY.COM

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*
Total Fat 5g	6%
Saturated Fat 3g	14%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 105mg	4%
Total Carbohydrate 28g	10%
Dietary Fiber 0g	0%
Total Sugars 21g	
Includes 15g Added Sugars	30%
Protein 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.





STRAWBERRY CHEESECAKE

CHEESECAKE ICE CREAM WITH STRAWBERRY RIBBONS

INGREDIENTS: MILK, BUTTERMILK, CREAM, STRAWBERRY VARIEGATE (HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, STRAWBERRIES, SUGAR, NATURAL FLAVOR, CITRIC ACID, SODIUM BENZOATE, POTASSIUM SORBATE, CARRAGEENAN, AND RED #40), CHEESECAKE BASE (CORN SYRUP, WATER, NATURAL FLAVOR, DEHYDRATED BAKERS CHEESE [NONFAT MILK SOLIDS, LACTIC ACID, AND CULTURES], BUTTERMILK POWDER, SUGAR), SUGAR, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, WHEY (MILK), STABILIZED AND EMULSIFIED BY MONO AND DIGLYCERIDES, GUAR GUM, CELLULOSE GUM, AND CARRAGEENAN, NATURAL AND ARTIFICIAL FLAVOR, VITAMIN A PALMITATE. **CONTAINS: MILK**

43% LESS FAT AND 25% FEWER CALORIES THAN REGULAR ICE CREAM

Hiland
ICE CREAM
FARMER OWNED
A division of Hiland Dairy

HILANDDAIRY.COM

ITEM #35797



48 OUNCES (1.41L)

Nutrition Facts

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

Amount per serving
Calories 160

	% Daily Value*
Total Fat 4g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 95mg	4%
Total Carbohydrate 28g	10%
Dietary Fiber 0g	0%
Total Sugars 22g	
Includes 16g Added Sugars	33%
Protein 3g	
Vitamin D .061mcg	0.3%
Calcium 112mg	8.6%
Iron .12mg	1%
Potassium 178mg	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.





HilandTM

ICE CREAM

FARMER OWNED

A division of Hiland Dairy



NO SUGAR ADDED

SWEETENED WITH SPLENDA, HILAND NO SUGAR ADDED ICE CREAM IS THE PERFECT SWEET TREAT FOR FOLKS CUTTING BACK ON SUGAR!

Hiland's line of No Sugar Added Ice cream is a guaranteed crowd pleaser with four rich flavors to satisfy any sweet tooth without the added sugar! Vanilla, Chocolate, Butter Pecan, and Mint Chip offer buyers the chance to indulge without sacrificing their diet.

HILANDDAIRY.COM



NO SUGAR ADDED VANILLA

**VANILLA FLAVORED ICE CREAM
SWEETENED WITH SPLENDA**

INGREDIENTS: MILK, CREAM, BUTTERMILK, POLYDEXTROSE, SORBITOL, STABILIZED AND EMULSIFIED BY MONO AND DIGLYCERIDES, LOCUST BEAN GUM, CELLULOSE GUM, GUAR GUM, CARRAGEENAN, SUCRALOSE, ARTIFICIAL FLAVOR, AND VEGETABLE ANNATTO COLOR. **CONTAINS: MILK**

Hiland[®]
ICE CREAM
A division of Hiland Dairy

HILANDDAIRY.COM

ITEM #28895



48 OUNCES (1.41L)

Nutrition Facts

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

Amount per serving
Calories 140

	% Daily Value*
Total Fat 9g	14%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 45mg	14%
Sodium 70mg	3%
Total Carbohydrate 19g	6%
Dietary Fiber 8g	30%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D .218mcg	1.1%
Calcium 82mg	6.3%
Iron .03mg	0%
Potassium 98mg	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.





NO SUGAR ADDED CHOCOLATE

**CHOCOLATE ICE CREAM
SWEETENED WITH SPLENDA**

INGREDIENTS: MILK, CREAM, BUTTERMILK, POLYDEXTROSE, SORBITOL, COCOA (PROCESSED WITH ALKALI), STABILIZED AND EMULSIFIED BY MONO AND DIGLYCERIDES, LOCUST BEAN GUM, CELLULOSE GUM, GUAR GUM, CARRAGEENAN, SUCRALOSE.

CONTAINS: MILK

Hiland
ICE CREAM
FARMER OWNED
A division of Hiland Dairy

HILANDDAIRY.COM

ITEM #28896



48 OUNCES (1.41L)

Nutrition Facts

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

Amount per serving
Calories 230

	% Daily Value*
Total Fat 9g	14%
Saturated Fat 5g	26%
Trans Fat 0g	
Cholesterol 45mg	14%
Sodium 70mg	3%
Total Carbohydrate 20g	7%
Dietary Fiber 8g	32%
Total Sugars 8g	
Includes 0g Added Sugars	0%

Protein 3g	
Vitamin D .222mcg	1.1%
Calcium 79mg	6.07%
Iron .03mg	0%
Potassium 94mg	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.





ITEM #28897



48 OUNCES (1.41L)

Nutrition Facts

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

Amount per serving
Calories **160**

	% Daily Value*
Total Fat 11g	17%
Saturated Fat 5g	24%
Trans Fat 0g	
Cholesterol 40mg	14%
Sodium 120mg	5%
Total Carbohydrate 19g	6%
Dietary Fiber 7g	29%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D .208mcg	1%
Calcium 78mg	6%
Iron .03mg	0%
Potassium 94mg	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.

NO SUGAR ADDED BUTTER PECAN

PECAN ICE CREAM AND REAL PECAN PIECES,
 SWEETENED WITH SPLENDA

INGREDIENTS: MILK, CREAM, BUTTERMILK, POLYDEXTROSE, SORBITOL, PECANS, STABILIZED AND EMULSIFIED BY MONO AND DIGLYCERIDES, LOCUST BEAN GUM, CELLULOSE GUM, GUAR GUM, CARRAGEENAN, SUCRALOSE, NATURAL AND ARTIFICIAL FLAVOR, AND VEGETABLE ANNATTO COLOR.

CONTAINS: MILK, PECANS

Hiland[®]
ICE CREAM
 FARMER OWNED
 A division of Hiland Dairy

HILANDDAIRY.COM





NO SUGAR ADDED MINT CHIP

MINT FLAVORED ICE CREAM AND CHOCOLATE CHIPS, SWEETENED WITH SPLENDA

INGREDIENTS: MILK, CREAM, BUTTERMILK, POLYDEXTROSE, SORBITOL, NSA CHOCOLATE FLAKES (MALTITOL, COCONUT OIL, COCOA [PROCESSED WITH ALKALI], NATURAL FLAVOR, SUCRALOSE), STABILIZED AND EMULSIFIED BY MONO AND DIGLYCERIDES, LOCUST BEAN GUM, CELLULOSE GUM, GUAR GUM, AND CARRAGEENAN, SUCRALOSE, NATURAL FLAVOR, AND YELLOW #5, BLUE #1.

CONTAINS: MILK, COCONUT

Hiland[®]
ICE CREAM
A division of Hiland Dairy

HILANDDAIRY.COM

ITEM #28898



48 OUNCES (1.41L)

Nutrition Facts

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

Amount per serving
Calories 150

	% Daily Value*
Total Fat 10g	15%
Saturated Fat 6g	31%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 65mg	3%
Total Carbohydrate 21g	7%
Dietary Fiber 7g	29%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D .204mcg	1%
Calcium 78mg	6%
Iron .03mg	0%
Potassium 126mg	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.





HilandTM

ICE CREAM

FARMER OWNED

A division of Hiland Dairy



FROZEN YOGURT

MADE WITH REAL DAIRY AND LIVE CULTURES, EACH SERVING OF HILAND FROZEN YOGURT IS A GREAT SOURCE OF PROBIOTICS AND CALCIUM, AND ONLY FIVE GRAMS OF FAT.

THE FRENCH VANILLA, CHOCOLATE, BLACK CHERRY, AND PEACH FLAVORS OFFER HEALTH-CONSCIOUS SHOPPERS THE OPPORTUNITY TO INDULGE WITHOUT THE GUILT.

HILANDDAIRY.COM



ITEM #28899



48 OUNCES (1.41L)

Nutrition Facts

9 servings per container
Serving size 2/3 cup (95g)

Amount per serving
Calories **220**

	% Daily Value*
Total Fat 5g	8%
Saturated Fat 3g	14%
Trans Fat 0g	
Cholesterol 50mg	16%
Sodium 80mg	3%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Total Sugars 21g	
Includes 14g Added Sugars	30%
Protein 2g	
Vitamin D .0786mcg	.4%
Calcium 103mg	7.9%
Iron .13mg	1%
Potassium 154mg	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.

FRENCH VANILLA FROZEN YOGURT

CLASSIC VANILLA CUSTARD FROZEN YOGURT

INGREDIENTS: MILK, CREAM, BUTTERMILK, SUGAR, CORN SYRUP, EGG BASE (PASTEURIZED EGG YOLKS, SUGAR, CORN SYRUP, WATER, SALT, SODIUM BENZOATE, POTASSIUM SORBATE, ANNATTO & TURMERIC EXTRACTS), WHEY (MILK), STABILIZED AND EMULSIFIED BY MONO AND DIGLYCERIDES, GUAR GUM, LOCUST BEAN GUM, CELLULOSE GUM, AND CARRAGEENAN, NATURAL FLAVOR, AND CULTURE. **CONTAINS: MILK, EGG**


Hiland[®]
ICE CREAM
 FARMER OWNED
 A division of Hiland Dairy
 HILANDDAIRY.COM





CHOCOLATE FROZEN YOGURT

CLASSIC CHOCOLATE FROZEN YOGURT

INGREDIENTS: MILK, CREAM, BUTTERMILK, SUGAR, CORN SYRUP, EGG BASE (PASTEURIZED EGG YOLKS, SUGAR, CORN SYRUP, WATER, SALT, SODIUM BENZOATE, POTASSIUM SORBATE, ANNATTO & TURMERIC EXTRACTS), WHEY (MILK), COCOA (PROCESSED WITH ALKALI), HIGH FRUCTOSE CORN SYRUP, STABILIZED AND EMULSIFIED BY MONO AND DIGLYCERIDES, GUAR GUM, LOCUST BEAN GUM, CELLULOSE GUM, AND CARRAGEENAN, AND CULTURE. **CONTAINS: MILK, EGG**

Hiland[®]
ICE CREAM
A division of Hiland Dairy
HILANDDAIRY.COM

ITEM #28900



48 OUNCES (1.41L)

Nutrition Facts

9 servings per container
Serving size **2/3 cup (95g)**

Amount per serving
Calories 230

	% Daily Value*
Total Fat 6g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 50mg	16%
Sodium 85mg	3%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Total Sugars 22g	
Includes 15g Added Sugars	32%
Protein 3g	
Vitamin D .084mcg	.4%
Calcium 99mg	7.6%
Iron .13mg	1%
Potassium 147mg	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 #28901



48 OUNCES (1.41L)

BLACK CHERRY FROZEN YOGURT

**SWEET BLACK CHERRIES IN CHERRY
FLAVORED FROZEN YOGURT**

INGREDIENTS: MILK, CREAM, BUTTERMILK, BLACK CHERRIES (CHERRIES, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, NATURAL FLAVOR, MODIFIED FOOD STARCH [CORN], CARRAGEENAN, DEXTROSE, SODIUM BENZOATE, POTASSIUM SORBATE, RED #40, CITRIC ACID, BLUE #2, GREEN #3, SULFUR DIOXIDE), SUGAR, CORNY SYRUP, EGG BASE (PASTEURIZED EGG YOLKS, SUGAR, CORN SYRUP, WATER, SALT, SODIUM BENZOATE, POTASSIUM SORBATE, ANNATTO & TURMERIC EXTRACTS), WHEY (MILK), STABILIZED AND EMULSIFIED BY MONO AND DIGLYCERIDES, GUAR GUM, LOCUST BEAN GUM, CELLULOSE GUM, AND CARRAGEENAN, NATURAL FLAVOR, RED #40, LACTOBACILLUS. **CONTAINS: MILK, EGG**

Nutrition Facts

9 servings per container
Serving size **2/3 cup (95g)**

Amount per serving
Calories 160

	% Daily Value*
Total Fat 5g	7%
Saturated Fat 2g	12%
Trans Fat 0g	
Cholesterol 40mg	14%
Sodium 85mg	4%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Total Sugars 24g	
Includes 12g Added Sugars	26%
Protein 2g	
Vitamin D .069mcg	.3%
Calcium 92mg	7%
Iron .12mg	1%
Potassium 135mg	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.



Hiland
ICE CREAM
A division of Hiland Dairy
HILANDDAIRY.COM



ITEM #28902



48 OUNCES (1.41L)

PEACH FROZEN YOGURT

PEACH FLAVORED FROZEN YOGURT BLENDED WITH PEACH PIECES

INGREDIENTS: MILK, CREAM, BUTTERMILK, PEACH CUBES (PEACHES, SUGAR, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, WATER, MODIFIED FOOD STARCH [CORN], CARRAGEENAN, NATURAL FLAVOR, CITRIC ACID, SODIUM BENZOATE, POTASSIUM SORBATE), SUGAR, PEACH PUREE (WATER, CONCENTRATED PEACH PUREE, CORN SYRUP, SUGAR, NATURAL FLAVOR, CITRIC ACID, CARRAGEENAN, SODIUM BENZOATE, POTASSIUM SORBATE), CORN SYRUP, EGG BASE (PASTEURIZED EGG YOLKS, SUGAR, CORN SYRUP, WATER, SALT, SODIUM BENZOATE, POTASSIUM SORBATE, ANNATTO & TURMERIC EXTRACTS), WHEY (MILK), STABILIZED AND EMULSIFIED BY MONO AND DIGLYCERIDES, GUAR GUM, LOCUST BEAN GUM, CELLULOSE GUM, AND CARRAGEENAN, NATURAL FLAVOR, AND CULTURE. **CONTAINS: MILK, EGG**

Nutrition Facts

9 servings per container
Serving size **2/3 cup (95g)**

Amount per serving
Calories 160

	% Daily Value*
Total Fat 4g	7%
Saturated Fat 2g	11%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 75mg	3%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Total Sugars 24g	
Includes 18g Added Sugars	38%
Protein 2g	
Vitamin D .064mcg	.3%
Calcium 86mg	6.6%
Iron .19mg	1%
Potassium 125mg	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.


Hiland[®]
ICE CREAM
A division of Hiland Dairy
FARMER OWNED

HILANDDAIRY.COM

