



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.

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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

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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* |
|-------------------------------|----------------|
| 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

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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

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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* |
|-------------------------------|----------------|
| 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

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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* |
|-------------------------------|----------------|
| 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

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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* |
|-------------------------------|----------------|
| 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

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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* |
|-------------------------------|----------------|
| 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

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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* |
|-------------------------------|----------------|
| 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


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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

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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


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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

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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

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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* |
|-------------------------------|----------------|
| 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

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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.

