

Rita's Nutrition Information - BLENDINI®**Blendini® with Nilla® Wafers (11 oz)**

Vanilla Custard - Nilla® Blendini®	Made with Italian Ice	Made with Cream Ice	Made with Sugar-Free Ice
calories	550-620	540-640	510-540
calories from fat	200-220	210-220	200
total fat (in grams (g))	22-24	23-24	22
saturated fat (in grams (g))	13-14	15	13-14
trans fat (in grams (g))	0	0	0
cholesterol (in milligrams (mg))	115	115	115
sodium (in milligrams (mg))	400-420	410-460	400-420
total carbohydrates (in grams (g))	84-96	78-102	76-88
dietary fiber (in grams (g))	0-1	0-1	0-1
sugars (in grams (g))	60-73	56-79	41
total protein (in grams (g))	8-9	8-9	8-9

Chocolate Custard - Nilla® Blendini®	Made with Italian Ice	Made with Cream Ice	Made with Sugar-Free Ice
calories	570-640	560-660	520-560
calories from fat	180-200	190-200	180
total fat	20-23	21-22	20
saturated fat	12	13	12
trans fat	0	0	0
cholesterol	95	95-100	95
sodium	360-380	370-420	360-380
total carbohydrates	90-102	84-109	83-95
dietary fiber	0-1	0-2	0-1
sugars	65-78	61-84	46
protein	8-9	8-9	8

Strawberry Custard - Nilla® Blendini®	Made with Italian Ice	Made with Cream Ice	Made with Sugar-Free Ice
calories	550-630	540-650	510-540
calories from fat	180-210	190-200	180-190
total fat	20-23	22-23	20-21
saturated fat	13	14	13
trans fat	0	0	0
cholesterol	105	105-110	105
sodium	380-410	400-450	380-410
total carbohydrates	87-100	82-106	80-92
dietary fiber	0-2	0-1	0-1
sugars	65-77	60-83	45
protein	8-9	8-9	8

Coffee Custard - Nilla® Blendini®	Made with Italian Ice	Made with Cream Ice	Made with Sugar-Free Ice
calories	550-620	540-640	500-540
calories from fat	190-210	200-210	190
total fat	21-24	23-24	21-22
saturated fat	13-14	14-15	13
trans fat	0	0	0
cholesterol	110	110-115	110
sodium	390-420	410-460	400-420
total carbohydrates	85-98	80-105	78-90
dietary fiber	1-2	1-2	1-2
sugars	61-73	56-79	41
protein	8-9	8-9	8-9

Orange Cream Custard - Nilla® Blendini®	Made with Italian Ice	Made with Cream Ice	Made with Sugar-Free Ice
calories	550-620	540-640	500-540
calories from fat	190-210	200-210	190
total fat	21-24	23-24	21-22
saturated fat	13-14	14-15	13
trans fat	0	0	0
cholesterol	110	110-115	110
sodium	390-420	410-460	390-420
total carbohydrates	84-96	78-103	76-88
dietary fiber	0-2	0-1	0-1
sugars	61-73	56-79	42
protein	8-9	8-9	8-9

Slenderita® Soft Serve - Nilla® Blendini®	Made with Italian Ice	Made with Cream Ice	Made with Sugar-Free Ice
calories	450-520	440-540	400-440
calories from fat	25-50	40-50	25-30
total fat	3-6	4-5	3-3.5
saturated fat	1.5-2	2.5-3	1.5
trans fat	0	0	0
cholesterol	0-5	0-5	0
sodium	430-460	450-500	430-450
total carbohydrates	95-107	90-114	88-100
dietary fiber	1-2	1-2	1-2
sugars	64-76	59-82	44
protein	10-11	10-11	10

Blendini® with Oreo® Cookies (11 oz)

Vanilla Custard - Oreo® Blendini®	Made with Italian Ice	Made with Cream Ice	Made with Sugar-Free Ice
calories	560-640	550-660	520-550
calories from fat	220-240	230-240	220
total fat (in grams (g))	24-26	25-26	24
saturated fat (in grams (g))	13-14	15	13-14
trans fat (in grams (g))	0	0	0
cholesterol (in milligrams (mg))	110	110-115	110
sodium (in milligrams (mg))	400-430	420-470	410-430
total carbohydrates (in grams (g))	81-93	75-100	74-85
dietary fiber (in grams (g))	1-2	1-2	1-2
sugars (in grams (g))	61-74	57-80	42
total protein (in grams (g))	8-9	8-9	8

Chocolate Custard - Oreo® Blendini®	Made with Italian Ice	Made with Cream Ice	Made with Sugar-Free Ice
calories	580-680	570-670	540-570
calories from fat	200-220	210-220	200
total fat	22-25	23-25	22
saturated fat	12	13-14	12
trans fat	0	0	0
cholesterol	95	95-100	95
sodium	360-390	380-430	360-380
total carbohydrates	88-100	82-107	80-92
dietary fiber	1-2	1-2	1-2
sugars	67-79	62-85	47
protein	8-9	8-9	8

Strawberry Custard - Oreo® Blendini®	Made with Italian Ice	Made with Cream Ice	Made with Sugar-Free Ice
calories	560-640	560-660	520-560
calories from fat	200-230	210-220	200-210
total fat	23-25	24-25	23
saturated fat	13	14	13
trans fat	0	0	0
cholesterol	105	105	105
sodium	390-410	400-450	390-410
total carbohydrates	85-97	79-104	77-89
dietary fiber	1-2	1-2	1-2
sugars	66-78	61-84	47
protein	7-8	8	7-8

Coffee Custard - Oreo® Blendini®	Made with Italian Ice	Made with Cream Ice	Made with Sugar-Free Ice
calories	560-640	550-660	520-550
calories from fat	210-230	220-230	210
total fat	24-26	25-26	24
saturated fat	13-14	14-15	13
trans fat	0	0	0
cholesterol	110	110	110
sodium	400-420	410-470	400-420
total carbohydrates	83-95	77-102	76-87
dietary fiber	1-2	1-2	1-2
sugars	62-74	57-80	42-43
protein	8-9	8-9	8

Orange Cream Custard - Oreo® Blendini®	Made with Italian Ice	Made with Cream Ice	Made with Sugar-Free Ice
calories	560-640	550-660	520-550
calories from fat	210-230	200-230	210
total fat	24-26	23-26	24
saturated fat	13-14	14-15	13
trans fat	0	0	0
cholesterol	110	110	110
sodium	400-420	410-460	400-420
total carbohydrates	81-94	76-100	74-86
dietary fiber	1-2	0-2	1-2
sugars	62-74	57-81	43
protein	8-9	8-9	8

Slenderita® Soft Serve - Oreo® Blendini®	Made with Italian Ice	Made with Cream Ice	Made with Sugar-Free Ice
calories	460-530	450-550	420-450
calories from fat	45-70	60-70	45-50
total fat	5-8	6-8	5
saturated fat	1.5-2	2.5-3.5	1.5
trans fat	0	0	0
cholesterol	0	0-5	0
sodium	440-460	450-500	440-460
total carbohydrates	93-105	87-112	85-97
dietary fiber	2-3	2-3	2-3
sugars	65-77	60-83	46
protein	10-11	10	10

Blendini® with M&Ms® Minis® (11 oz)

Vanilla Custard - M&Ms® Minis® Blendini®	Made with Italian Ice	Made with Cream Ice	Made with Sugar-Free Ice
calories	570-640	560-660	520-560
calories from fat	230-250	240-250	230
total fat (in grams (g))	25-28	26-28	25
saturated fat (in grams (g))	16	17-18	16
trans fat (in grams (g))	0	0	0
cholesterol (in milligrams (mg))	115	115-120	115
sodium (in milligrams (mg))	270-290	280-330	270-290
total carbohydrates (in grams (g))	80-94	74-99	73-85
dietary fiber (in grams (g))	1-2	1-2	1
sugars (in grams (g))	67-79	63-86	48
total protein (in grams (g))	8-9	8-9	8-9

Chocolate Custard - M&Ms® Minis® Blendini®	Made with Italian Ice	Made with Cream Ice	Made with Sugar-Free Ice
calories	580-660	580-680	540-580
calories from fat	210-230	220-230	210
total fat	24-26	25-26	24
saturated fat	14-15	15-16	14
trans fat	0	0	0
cholesterol	100	100	100
sodium	220-230	240-290	220-250
total carbohydrates	87-101	81-106	80-91
dietary fiber	1-2	1-2	1
sugars	72-84	68-91	53
protein	8-9	8-9	8-9

Strawberry Custard - M&Ms® Minis® Blendini®	Made with Italian Ice	Made with Cream Ice	Made with Sugar-Free Ice
calories	570-650	560-670	530-560
calories from fat	220-240	230-240	220
total fat	24-27	25-26	24
saturated fat	15-16	16-17	15
trans fat	0	0	0
cholesterol	105	105-110	105
sodium	250-280	270-320	250-270
total carbohydrates	85-98	78-103	77-89
dietary fiber	1-2	1-2	1-2
sugars	71-84	67-90	53
protein	8-9	8-9	8

Coffee Custard - M&Ms® Minis® Blendini®	Made with Italian Ice	Made with Cream Ice	Made with Sugar-Free Ice
calories	570-640	560-660	520-560
calories from fat	220-250	230-240	220-230
total fat	25-27	26-27	25
saturated fat	16	17	16
trans fat	0	0	0
cholesterol	110-115	110-115	110
sodium	260-290	280-330	260-290
total carbohydrates	83-95	77-101	75-87
dietary fiber	1-2	1-2	1-2
sugars	68-80	63-86	49
protein	8-9	8-9	8-9

Orange Cream Custard - M&Ms® Minis® Blendini®	Made with Italian Ice	Made with Cream Ice	Made with Sugar-Free Ice
calories	570-640	560-660	520-560
calories from fat	220-250	230-240	220-230
total fat	25-27	26-27	25
saturated fat	16	17	16
trans fat	0	0	0
cholesterol	110-115	110-115	110
sodium	260-290	280-330	260-280
total carbohydrates	81-93	75-100	73-85
dietary fiber	1-2	1-2	1
sugars	68-80	63-87	49
protein	8-9	8-9	8-9

Slenderita® Soft Serve - M&Ms® Minis® Blendini®	Made with Italian Ice	Made with Cream Ice	Made with Sugar-Free Ice
calories	470-540	460-560	420-460
calories from fat	60-80	70-80	60
total fat	7-9	8-9	7
saturated fat	4-4.5	5-6	4
trans fat	0	0	0
cholesterol	5	5-10	5
sodium	300-320	310-370	300-320
total carbohydrates	92-104	86-111	85-97
dietary fiber	2-3	2	2
sugars	73-83	66-89	52
protein	10-11	10-11	10

Blendini® with Reese's® Peanut Butter Cups (11 oz)

Vanilla Custard - Reese's® Peanut Butter Cups	Made with Italian Ice	Made with Cream Ice	Made with Sugar-Free Ice
calories	570-640	560-660	530-560
calories from fat	250-270	260-270	250
total fat (in grams (g))	27-30	28-30	27-28
saturated fat (in grams (g))	15	15-17	15
trans fat (in grams (g))	0	0	0
cholesterol (in milligrams (mg))	110-115	115	110
sodium (in milligrams (mg))	360-380	370-420	360-380
total carbohydrates (in grams (g))	77-89	71-96	69-81
dietary fiber (in grams (g))	1-2	1-2	1-2
sugars (in grams (g))	63-76	59-82	44
total protein (in grams (g))	10-11	10-11	10

Chocolate Custard - Reese's® Peanut Butter Cups	Made with Italian Ice	Made with Cream Ice	Made with Sugar-Free Ice
calories	590-660	580-680	540-580
calories from fat	230-250	240-250	230
total fat	26-28	27-28	26
saturated fat	13-14	14-15	13
trans fat	0	0	0
cholesterol	95	95-100	95
sodium	310-340	330-380	310-340
total carbohydrates	83-96	78-102	76-88
dietary fiber	1-2	1-2	1-2
sugars	69-81	64-87	49
protein	10-11	10-11	10

Strawberry Custard - Reese's® Peanut Butter Cups	Made with Italian Ice	Made with Cream Ice	Made with Sugar-Free Ice
calories	570-650	560-670	530-560
calories from fat	230-260	240-250	230-240
total fat	26-29	27-28	26
saturated fat	14	15-16	14
trans fat	0	0	0
cholesterol	105	105-110	105
sodium	340-370	350-410	340-360
total carbohydrates	81-93	75-100	73-85
dietary fiber	1-2	1-2	1-2
sugars	68-80	63-86	49
protein	10-11	10	10

Coffee Custard - Reese's® Peanut Butter Cups	Made with Italian Ice	Made with Cream Ice	Made with Sugar-Free Ice
calories	570-640	560-660	520-560
calories from fat	240-260	250-260	240
total fat	27-29	28-29	27
saturated fat	15	16	15
trans fat	0	0	0
cholesterol	110	110-115	110
sodium	350-380	370-420	350-370
total carbohydrates	79-91	73-98	71-83
dietary fiber	1-3	1-2	44
sugars	64-76	59-82	1-2
protein	10-11	10-11	10

Orange Cream Custard - Reese's® Peanut Butter Cups	Made with Italian Ice	Made with Cream Ice	Made with Sugar-Free Ice
calories	570-640	560-660	520-560
calories from fat	240-260	250-260	240
total fat	27-29	28-29	27
saturated fat	15	16	15
trans fat	0	0	0
cholesterol	110	110-115	110
sodium	350-380	370-420	350-370
total carbohydrates	77-89	71-96	70-81
dietary fiber	1-2	1-2	1-2
sugars	66-76	59-82	45
protein	10-11	10-11	10

Slenderita® Soft Serve - Reese's® Peanut Butter Cups	Made with Italian Ice	Made with Cream Ice	Made with Sugar-Free Ice
calories	470-540	460-560	420-460
calories from fat	80-100	90-100	80
total fat	9-11	10-11	9
saturated fat	3-3.5	4-4.5	3
trans fat	0	0	0
cholesterol	0	0-5	0
sodium	390-410	400-450	390-410
total carbohydrates	88-101	83-108	81-93
dietary fiber	2-3	2-3	2-3
sugars	67-79	62-85	48
protein	12-13	12-13	12

Blendini® with Reese's® Mini Pieces® (11 oz)

Vanilla Custard - Reese's® Mini Pieces®	Made with Italian Ice	Made with Cream Ice	Made with Sugar-Free Ice
calories	570-640	560-660	530-560
calories from fat	230-250	240-250	230
total fat (in grams (g))	26-28	27-28	26
saturated fat (in grams (g))	16-17	18	16-17
trans fat (in grams (g))	0	0	0
cholesterol (in milligrams (mg))	110	110-115	110
sodium (in milligrams (mg))	300-330	320-370	300-320
total carbohydrates (in grams (g))	78-91	73-98	71-83
dietary fiber (in grams (g))	1-2	1-2	1
sugars (in grams (g))	66-78	61-84	46
total protein (in grams (g))	10-11	10-11	10

Chocolate Custard - Reese's® Mini Pieces®	Made with Italian Ice	Made with Cream Ice	Made with Sugar-Free Ice
calories	590-660	580-680	540-580
calories from fat	210-240	230-240	210-220
total fat	24-26	25-26	24
saturated fat	15	16-17	15
trans fat	0	0	0
cholesterol	95	95-100	95
sodium	260-280	270-320	260-280
total carbohydrates	85-97	79-104	78-90
dietary fiber	1-2	1-2	1
sugars	71-83	66-89	51
protein	10-11	10-11	10

Strawberry Custard - Reese's® Mini Pieces®	Made with Italian Ice	Made with Cream Ice	Made with Sugar-Free Ice
calories	570-650	560-670	530-560
calories from fat	220-240	230-240	220
total fat	24-27	25-27	24
saturated fat	16	17	16
trans fat	0	0	0
cholesterol	105	105	105
sodium	290-310	300-350	290-310
total carbohydrates	82-95	77-102	75-87
dietary fiber	1-2	1-2	1-2
sugars	70-82	65-88	51
protein	9-11	10	9-10

Coffee Custard - Reese's® Mini Pieces®	Made with Italian Ice	Made with Cream Ice	Made with Sugar-Free Ice
calories	570-640	560-660	530-560
calories from fat	230-250	240-250	230
total fat	25-28	26-27	25
saturated fat	16-17	17-18	16
trans fat	0	0	0
cholesterol	110	110	110
sodium	300-320	310-360	300-320
total carbohydrates	81-93	75-100	73-85
dietary fiber	1-2	1-2	1-2
sugars	66-78	61-84	46-47
protein	10-11	10-11	10

Orange Cream Custard - Reese's® Mini Pieces®	Made with Italian Ice	Made with Cream Ice	Made with Sugar-Free Ice
calories	570-640	560-660	530-560
calories from fat	230-250	240-250	230
total fat	25-28	26-27	25
saturated fat	16-17	17-18	15
trans fat	0	0	0
cholesterol	110	110	110
sodium	300-320	310-360	300-320
total carbohydrates	79-91	73-98	71-83
dietary fiber	1-2	1-2	1
sugars	66-78	61-85	47
protein	10-11	10-11	10

Slenderita® Soft Serve - Reese's® Mini Pieces®	Made with Italian Ice	Made with Cream Ice	Made with Sugar-Free Ice
calories	470-540	460-560	420-460
calories from fat	60-80	70-90	60
total fat	7-9	8-10	7
saturated fat	4.5-5	4.5-6	4.5
trans fat	0	0	0
cholesterol	0	0-5	0
sodium	340-360	350-400	340-360
total carbohydrates	90-103	85-109	83-95
dietary fiber	2-3	2	2
sugars	69-81	64-87	50
protein	12-13	12-13	12

Blendini® with Heath® English Toffee (11 oz)

Vanilla Custard - Heath® English Toffee	Made with Italian Ice	Made with Cream Ice	Made with Sugar-Free Ice
calories	570-650	570-670	530-570
calories from fat	250-270	260-270	250
total fat (in grams (g))	28-30	29-30	28
saturated fat (in grams (g))	17	18-19	17
trans fat (in grams (g))	0	0	0
cholesterol (in milligrams (mg))	115	115-120	115
sodium (in milligrams (mg))	340-370	360-410	350-370
total carbohydrates (in grams (g))	79-91	73-98	71-83
dietary fiber (in grams (g))	0-1	0-1	0-1
sugars (in grams (g))	67-79	62-85	48
total protein (in grams (g))	8-9	8-9	8

Chocolate Custard - Heath® English Toffee	Made with Italian Ice	Made with Cream Ice	Made with Sugar-Free Ice
calories	590-670	580-890	550-580
calories from fat	240-260	250-260	240
total fat	26-29	27-29	26
saturated fat	15-16	16-17	15
trans fat	0	0	0
cholesterol	100	100-105	100
sodium	300-310	320-370	300-320
total carbohydrates	85-98	80-104	78-90
dietary fiber	0-1	0-1	0-1
sugars	72-84	67-90	53
protein	8-9	8-9	8

Strawberry Custard - Heath® English Toffee	Made with Italian Ice	Made with Cream Ice	Made with Sugar-Free Ice
calories	580-650	570-670	540-570
calories from fat	240-260	250-260	240
total fat	27-29	28-29	27
saturated fat	16	17-18	16
trans fat	0	0	0
cholesterol	110	110	110
sodium	330-350	340-390	330-350
total carbohydrates	83-95	77-102	75-87
dietary fiber	0-2	0-1	0-1
sugars	71-84	67-90	52
protein	7-8	7-8	7-8

Coffee Custard - Heath® English Toffee	Made with Italian Ice	Made with Cream Ice	Made with Sugar-Free Ice
calories	570-650	570-670	530-570
calories from fat	250-270	260-270	250
total fat	28-30	29-30	28
saturated fat	17	18	17
trans fat	0	0	0
cholesterol	115	115-120	115
sodium	340-370	360-410	340-360
total carbohydrates	81-93	75-100	73-85
dietary fiber	1-2	1-2	1
sugars	67-79	62-86	48
protein	8-9	8	8

Orange Cream Custard - Heath® English Toffee	Made with Italian Ice	Made with Cream Ice	Made with Sugar-Free Ice
calories	570-650	570-670	530-570
calories from fat	250-270	260-270	250
total fat	28-30	29-30	28
saturated fat	17	18	17
trans fat	0	0	0
cholesterol	115	115-120	115
sodium	340-360	350-400	340-360
total carbohydrates	79-91	73-98	72-83
dietary fiber	0-1	0-1	0-1
sugars	68-80	63-86	48
protein	8-9	8	8

Slenderita® Soft Serve - Heath® English Toffee	Made with Italian Ice	Made with Cream Ice	Made with Sugar-Free Ice
calories	470-550	460-570	430-460
calories from fat	80-110	90-100	80-90
total fat	9-12	10-12	9
saturated fat	5	6-7	5
trans fat	0	0	0
cholesterol	5	5-10	5
sodium	380-400	390-440	380-400
total carbohydrates	90-103	85-110	83-95
dietary fiber	1-2	1-2	1-2
sugars	70-83	66-89	51
protein	9-10	10	9-10

Feature Blendini® (11 oz)	ALL
calories	540-660
calories from fat	180-260
total fat	20-28
saturated fat	12-18
trans fat	0
cholesterol	95-115
sodium	220-460
total carbohydrates	74-100
dietary fiber	0-2
sugars	56-84
protein	8-11

This nutrition information is based on standard recipes and product formulations, however, variations may occur due to difference in preparation, serving size, ingredients, and special orders. Current recommendations are to limit total saturated fat intake to 20g per day and to limit sodium intake to less than 2400mg per day for a 2000-calorie-per-day diet. A 2000 calorie daily diet is used for the basis of general nutrition advice; individual calorie needs, however, may vary.