

Rita's Nutrition Information - CUSTARD & SOFT SERVE

Kids Size Cup = 4 oz	All Custard Flavors	Slenderita® Soft Serve
calories	230-240	160
calories from fat	100-110	0
total fat (in grams (g))	11-12	0
saturated fat (in grams (g))	7-8	0
trans fat (in grams (g))	0	0
cholesterol (in milligrams (mg))	60-75	0
sodium (in milligrams (mg))	130-160	180
total carbohydrates (in grams (g))	26-31	34
dietary fiber (in grams (g))	0	1
sugars (in grams (g))	20-24	23
total protein (in grams (g))	4-5	6

Regular Size Cup = 5 3/4 oz	All Custard Flavors	Slenderita® Soft Serve
calories	320-340	230
calories from fat	150-160	0
total fat	16-18	0
saturated fat	10-11	0
trans fat	0	0
cholesterol	90-105	0
sodium	190-230	260
total carbohydrates	37-44	49
dietary fiber	0	1
sugars	29-34	33
protein	6-7	8

Large Size Cup = 7 1/2 oz	All Custard Flavors	Slenderita® Soft Serve
calories	420-450	300
calories from fat	190-210	0
total fat	21-23	0
saturated fat	13-15	0
trans fat	0	0
cholesterol	115-140	0
sodium	240-300	340
total carbohydrates	49-57	64
dietary fiber	0	1
sugars	38-45	43
protein	8-9	11

Cones	Cake Cone (1)	Waffle Cone (1)
calories	25	90
calories from fat	0	5
total fat	0	0.5
saturated fat	0	0
trans fat	0	0
cholesterol	0	0
sodium	10	35
total carbohydrates	5	19
dietary fiber	0	0
sugars	0	5
protein	0	1

Toppings (per 1 oz)	Hot Fudge	Hot Caramel	Sprinkles (per 1 tbsp)
calories	90	90	35
calories from fat	25	10	15
total fat	3	1	1.5
saturated fat	3	0.5	0.5
trans fat	0	0	0
cholesterol	0	5	0
sodium	50	50	0
total carbohydrates	15	20	5
dietary fiber	0	0	0
sugars	14	13	2-3
protein	1	1	0

Mix-Ins (per 1 oz)	Nilla® Wafers	OREO® Cookies	M&Ms® Minis®
calories	120	140	140
calories from fat	25	45	60
total fat	3	5	7
saturated fat	1.5	1.5	4
trans fat	0	0	0
cholesterol	0	0	5
sodium	150	160	20
total carbohydrates	22	20	19
dietary fiber	0	1	1
sugars	10	12	18
protein	1	1	1

Mix-Ins (per 1 oz)	Reese's® Peanut Butter Cups	Reese's® Mini Pieces®	Heath® English Toffee
calories	140	140	150
calories from fat	80	60	80
total fat	9	7	9
saturated fat	3	4.5	5
trans fat	0	0	0
cholesterol	0	0	5
sodium	110	55	100
total carbohydrates	16	18	18
dietary fiber	1	1	0
sugars	13	16	17
protein	3	3	1

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.