

Rita's Nutrition Information - GELATI

Vanilla Gelati --REGULAR (10 oz)	Made with Italian Ice	Made with Cream Ice	Made with Sugar-Free Ice
calories	350-470	340-500	290-340
calories from fat	110-150	130-140	110-120
total fat (in grams (g))	12-16	14-16	12-13
saturated fat (in grams (g))	8-9	10-11	8
trans fat (in grams (g))	0	0	0
cholesterol (in milligrams (mg))	75	75-80	75
sodium (in milligrams (mg))	170-210	190-270	170-200
total carbohydrates (in grams (g))	59-77	50-87	48-65
dietary fiber (in grams (g))	0-2	0-1	0-1
sugars (in grams (g))	49-68	42-77	20-21
total protein (in grams (g))	5-6	5-6	5

Chocolate Gelati --REGULAR (10 oz)	Made with Italian Ice	Made with Cream Ice	Made with Sugar-Free Ice
calories	370-480	350-510	300-350
calories from fat	100-140	120-130	100-110
total fat	11-15	13-15	11-12
saturated fat	7	8-9	7
trans fat	0	0	0
cholesterol	60	60-70	60
sodium	140-180	160-240	140-180
total carbohydrates	63-81	55-92	52-70
dietary fiber	0-2	0-1	0-1
sugars	53-71	46-80	24
protein	5-6	5-6	5

Strawberry Gelati --REGULAR (10 oz)	Made with Italian Ice	Made with Cream Ice	Made with Sugar-Free Ice
calories	360-470	340-500	290-340
calories from fat	100-140	120-140	100-110
total fat	12-15	13-15	12
saturated fat	7-8	9-10	7-8
trans fat	0	0	0
cholesterol	70	70-75	70
sodium	160-200	180-260	160-190
total carbohydrates	61-80	53-90	50-68
dietary fiber	0-2	0-1	0-1
sugars	52-71	45-80	23-24
protein	4-6	4-6	4-5

Coffee Gelati --REGULAR (10 oz)	Made with Italian Ice	Made with Cream Ice	Made with Sugar-Free Ice
calories	350-470	340-500	290-340
calories from fat	110-120	130-140	110
total fat	12-14	14-16	12-13
saturated fat	8	9-10	8
trans fat	0	0	0
cholesterol	70	70-80	70
sodium	170-200	190-270	170-200
total carbohydrates	60-78	52-89	49-67
dietary fiber	0-2	0-1	0-1
sugars	50-68	42-77	21
protein	4-6	5-6	4-5

Orange Cream Gelati -- REGULAR (10 oz)	Made with Italian Ice	Made with Cream Ice	Made with Sugar-Free Ice
calories	350-470	340-500	290-340
calories from fat	110-140	130-140	110
total fat	12-16	14-16	12-13
saturated fat	8	9-10	8
trans fat	0	0	0
cholesterol	70	70-80	70
sodium	170-200	190-270	170-200
total carbohydrates	59-77	50-88	48-66
dietary fiber	0-2	0-1	0-1
sugars	50-68	43-77	21
protein	4-6	5-6	4-5

Slenderita® Gelati -- REGULAR (10 oz)	Made with Italian Ice	Made with Cream Ice	Made with Sugar-Free Ice
calories	290-400	270-430	220-270
calories from fat	0-35	15-30	0-5
total fat	0-4	2-3.5	0
saturated fat	0-0.5	1.5-2.5	0
trans fat	0	0	0
cholesterol	0	0-5	0
sodium	190-230	210-290	190-230
total carbohydrates	67-85	58-95	56-73
dietary fiber	1-2	1-2	1-2
sugars	52-70	45-79	23
protein	6-7	6-7	6

Vanilla Gelati --LARGE (16 oz)	Made with Italian Ice	Made with Cream Ice	Made with Sugar-Free Ice
calories	540-760	520-820	410-510
calories from fat	140-210	170-200	140-150
total fat	16-23	19-23	16
saturated fat	10-11	13-15	10
trans fat	0	0	0
cholesterol	75-95	90-105	90
sodium	180-300	260-420	230-290
total carbohydrates	98-135	81-155	76-111
dietary fiber	0-3	0-2	0-2
sugars	83-120	69-139	26
protein	6-9	6-8	6-7

Chocolate Gelati -- LARGE (16 oz)	Made with Italian Ice	Made with Cream Ice	Made with Sugar-Free Ice
calories	550-780	530-840	420-530
calories from fat	130-200	160-190	130
total fat	14-22	18-21	14-15
saturated fat	9-10	12-14	9
trans fat	0	0	0
cholesterol	80	80-90	80
sodium	190-260	230-380	190-250
total carbohydrates	104-140	86-161	81-117
dietary fiber	0-3	0-2	0-2
sugars	88-125	74-143	30
protein	6-9	6-8	6-7

Strawberry Gelati -- LARGE (16 oz)	Made with Italian Ice	Made with Cream Ice	Made with Sugar-Free Ice
calories	540-770	520-820	410-520
calories from fat	130-200	160-190	130-140
total fat	15-22	18-21	15
saturated fat	9-11	13-14	9-10
trans fat	0	0	0
cholesterol	85	85-100	85
sodium	210-280	250-390	210-280
total carbohydrates	101-138	84-155	79-114
dietary fiber	0-3	0-2	0-1
sugars	87-124	73-139	29
protein	5-9	6-8	5-7

Coffee Gelati --LARGE (16 oz)	Made with Italian Ice	Made with Cream Ice	Made with Sugar-Free Ice
calories	540-760	510-820	410-510
calories from fat	140-210	170-200	140
total fat	15-23	19-22	15-16
saturated fat	10-11	13-15	10
trans fat	0	0	0
cholesterol	90	90-105	90
sodium	220-290	260-410	220-290
total carbohydrates	100-136	82-157	77-113
dietary fiber	0-4	0-3	0-2
sugars	84-121	70-139	26
protein	6-9	6-8	6-7

Orange Cream Gelati -- LARGE (16 oz)	Made with Italian Ice	Made with Cream Ice	Made with Sugar-Free Ice
calories	540-760	510-820	410-510
calories from fat	140-210	170-200	140
total fat	15-23	19-22	15-16
saturated fat	10-11	13-15	10
trans fat	0	0	0
cholesterol	90	90-105	90
sodium	220-290	270-410	220-290
total carbohydrates	98-135	81-156	76-112
dietary fiber	0-3	0-2	0-2
sugars	84-121	70-139	26
protein	6-9	6-7	6-7

Slenderita® Gelati -- LARGE (16 oz)	Made with Italian Ice	Made with Cream Ice	Made with Sugar-Free Ice
calories	450-680	430-740	330-430
calories from fat	0-70	35-60	0-5
total fat	0-8	3.5-7	0-0.5
saturated fat	0-1.5	3.5-5	0
trans fat	0	0	0
cholesterol	0	0-15	0
sodium	250-320	290-450	250-320
total carbohydrates	108-144	91-165	86-121
dietary fiber	1-4	1-3	1-3
sugars	86-123	72-142	28-29
protein	7-10	7-10	7-8

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.