



SMARTER, SAFER snacking!

















2915 S Dixie Hwy.
West Palm Beach, FL 33405

(561) 833 - 7585
Visit us at www.richicecream.com



Smart Facts for Smart Snacks

Here at Rich's, we are a **NUT-FREE FACILITY!**

Product	Size Weight	Calories < 200	Total Fat	Fat Cal % < 30%	Sat. Fat	Sat. Fat Calorie % < 10%	Trans Fat 0g	Sodium <200mg	Sugar	Sugar % by Weight < 35%
 LF Vanilla Sandwich	3 fl oz 51 g	130	2.5 g	17%	1 g	7 %	0 g	120 mg	11 g	22%
 Strawberry Shortcake	3 fl oz 70 g	140	5 g	32 %	1.5 g	9.5 %	0 g	50 mg	12 g	17 %
 Chocolate Crunch Cake	3 fl oz 70 g	150	5 g	30 %	1.5 g	9 %	0 g	55 mg	13 g	18.5 %
 Crumbled Cookie Bar	3 fl oz 70 g	150	5 g	30 %	1.5 g	9 %	0 g	55 mg	13 g	18.5 %
 Crumbled Cookie Cone	3 fl oz 69 g	150	2.5 g	15 %	1.5 g	9 %	0 g	110 mg	14 g	20 %
 Birthday Cake Cone	3 fl oz 69 g	150	2.5 g	15 %	1.5 g	9 %	0 g	90 mg	14 g	20 %
 Sour Cyclone Blue Raspberry	3.75 fl oz 79 g	90	0.5 g	5 %	0 g	0 %	0 g	30 mg	14 g	18 %
 Orange Cream Bar	2.5 fl oz 59 g	90	1 g	10 %	0.5 g	5 %	0 g	35 mg	16 g	27 %
 Fudge Frenzy	2.5 fl oz 63 g	110	0 g	0 %	0 g	0 %	0 g	65 mg	19 g	30 %
 Savagely Sour Blue Meets 1/4 Cup of Juice	2.5 fl oz 70 g	60	0 g	0 %	0 g	0 %	0 g	10 mg	15 g	25 %
 Savagely Sour Cherry Meets 1/4 Cup of Juice	2.5 fl oz 70 g	60	0 g	0 %	0 g	0 %	0 g	10 mg	15 g	25 %
 Cotton Candy Swirl Meets 1/4 Cup of Juice	2.5 fl oz 70 g	60	0 g	0 %	0 g	0 %	0 g	10 mg	15 g	25 %
 Rainbow Polar Pole	2.75 fl oz 45 g	70	.5 g	6.5 %	0 g	0 %	0 g	15 mg	13 g	29 %
 all 4 flavors of ice cream in Plastic Cup	3 fl oz 50 g	80	1 g	11 %	0.5 g	6 %	0 g	45 mg	12 g	24 %



Nutrition facts are available at:
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51% Whole Grain



Gluten Free



Dairy Free



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