

nutritional values

Desserts

	Average Weight	Energy	Protein	Total Fat	Saturated Fatty Acids	Trans Fatty Acids	Cholesterol	Total Carbohydrate	Dietary Fiber	Sugars	Sodium	Total Vitamin A	Vitamin C	Calcium	Iron	Potassium
Desserts	in gms	KCAL	in gms	in gms	in gms	in gms	in mgms	in gms	in gms	in gms	in mgms	(IU)	in mgms	in mgms	in mgms	in mgms
Apple Pie	81	247	2	14	2.8	0.0	0	29	1	11	174	0	12.2	22	0.4	45
Strawberry Sundae	168	269	6	6	3.7	0.3	23	48	2	39	65	192	1.7	194	0.3	298
Chocolate Fudge Sundae	168	303	7	7	5.1	0.3	26	52	2	42	137	192	1.4	230	1.2	388
Caramel Sundae	168	317	6	7	4.4	0.4	27	57	1	37	126	241	1.4	212	0.2	307
Cone	89	147	4	3	2.3	0.2	13	25	1	16	42	115	0.8	115	0.3	168
Oreo McFlurry®	202	370	8	11	6.6	0.4	29	59	2	43	205	249	1.8	251	0.8	377