



# Tiger Paw Ice Cream Parlor



Food Item	Serving Size	Kcal	Carb(g)	Pro (g)	Fat (g)	S. Fat (g)	Chol (mg)	Sod (mg)
Almond Praline	1/2 cup	120	19	3	4	2	20	80
Butter Pecan	1/2 cup	170	16	3	10	4.5	25	90
Caramel Dulce De Leche	1/2 cup	150	28	5	17	10	100	95
Chocolate	1/2 cup	150	17	3	8	4.5	25	35
Chocolate Chip	1/2 cup	170	18	3	9	6	25	45
Coconut Pineapple	1/2 cup	230	25	4	13	8	90	55
Cookies & Cream	1/2 cup	160	18	3	8	4.5	25	50
Cookie Dough	1/2 cup	180	21	3	9	6	25	55
Espresso Chip	1/2 cup	150	17	2	8	5	25	50
French Vanilla	1/2 cup	150	16	2	9	5	50	35
Fudge Tracks	1/2 cup	180	18	3	11	6	25	60
Heath Toffee Yogurt, Low Fat	1/2 cup	120	18	2	4	2	10	45
Mint Chocolate Chip	1/2 cup	170	18	3	9	6	25	40
Nestle Toll House	1/2 cup	170	21	2	9	5	25	60
Peanut Butter Cup	1/2 cup	180	19	3	10	4	20	75
Rainbow Sherbet	1/2 cup	130	29	1	1.5	0.5	0	35
Rocky Road	1/2 cup	120	17	3	4	2	20	40
Strawberry	1/2 cup	130	16	2	6	4	20	30
Vanilla Bean Speck	1/2 cup	140	15	2	8	5	25	35
Vanilla Grande	1/2 cup	140	15	2	8	4.5	25	35