



Desserts

January 2008
Food Exchange Values

	Serving Size (oz.)	Calories	Fat (g)	Trans Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)	
Apple Pie	7	470	21	2	5	0	650	68	3	4	Persons with diabetes
Coconut Cream Pie	7	701	32	1	20	1	963	100	4	4	consult healthcare professional
French Silk Pie	7	737	56	0	31	96	353	58	2	5	for use
Apple Crisp a la mode	12	723	21	0	8	32	394	133	6	6	
Cheesecake	7	580	38	2	24	174	380	51	0	8	
Carrot Cake	8	799	45	3	13	125	630	99	2	9	
Hershey's Chocolate Cake	5	631	33	2	13	40	420	79	2	5	
Hot Fudge Brownie a la mode	10	997	42	3.5	6	14	82	147	6	12	
Neutron Brownie (kids)	3	344	16	1.5	4	25	245	49	2	4	
Banana Split	19	894	43	0	19	78	177	121	6	15	
Double Scoop/Sundae *	6	375	27	0	12	74	86	29	0	6	* Add choice of toppings
Single Scoop/Sundae * (Delicious Dip)	5	290	16	0	11	35	95	35	0	4	* Add choice of toppings
Milkshake (van/choc)	12	560	26	0	16	100	272	76	<1	11	
Malted Milkshake (van/choc)	12	583	26	0	16	100	278	82	<1	12	
Floats (Root beer or Cola)	12	280	10	0	6	39	109	47	0	3	
Oreo Blender Blaster	15	895	46	0	23	135	280	112	2	16	
Oreo Blender Blast Off (Kids)	10	580	29	0	15	87	194	72	1	11	
Toppings											
Chocolate Topping	2	133	0.5	0	0	0	109	34	1	2	
Cherry Topping	2	57	0	0	0	0	3	14	0	0	
Fudge Topping	2	201	10	0	7	3	96	30	1	1	
Strawberry Topping	2	77	1	0	0	0	8	17	1	1	
Whipped Cream (2 Tb)	0.3	23	2	0	0	7	3	2	0	0	

The nutrition information provided is based on computerized database analysis & vendor product data. This analysis uses the Operations Manual procedures & portions.

The data represents an estimate of nutrient content. For additional information on specific ingredients, please contact our Nutrition Coordinator at 864-597-7396.