

# Lappert's Ice Cream Flavors and Ingredients

These calculations are based on a four ounce (by weight) portion.  
The following is believed to be accurate, but remember, recipes change and so do ingredients.

FLAVORS AND INGREDIENTS	Calories	Calories From Fat	Total fat (g)	Saturated Fat (G)	Cholesterol (Mg)	Sodium (Mg)	Carbo-Hydrates (G)	Protein (G)	Calcium (Mg)
<b>*LAPPERTS ICE CREAM MIX:</b> Cream, skim milk, buttermilk, milk, sugar, corn syrup whey, stabilizer (guar gum, locust bean gum).	190	110	12	7	50	55	25	3	90
<b>BANANA CREAM PIE:</b> *Ice Cream Mix, Fresh Bananas, Pie Chips (Enriched Wheat Flour, Sugar, Palm Oil, Butter, Cream, Salt, Water, Pasteurized Eggs), Annatto Seed.									
<b>BING CHERRY CORDIAL:</b> *Ice Cream Mix, Bing Cherries, Dark Semi Sweet Chocolate, Vanilla Extract, Vanilla Sugar, Natural Flavor									
<b>BLUE BUBBLEGUM:</b> *Ice Cream Mix, Bubblegum (Sugar, Dextrose, Corn Syrup, Gum Base(Soy), Natural and Artificial Flavors, Confectioners Glaze, Tapioca Dextrin, Yellow, Red, and Blue Color.									
<b>BLUEBERRY CHEESECAKE:</b> *Ice Cream Mix, Blueberry Puree (Blueberries, Sugar, Water, Food Starch, Natural Flavors, Lemon Juice, Malic Acid, Phosphoric Acid, Sodium Benzoate), Cheesecake Base (Corn Syrup, Water, Sugar, Food Starch, Cheese, Natural Flavor, Citric Acid, Sodium Benzoate, Potassium Sorbate, Natural Color).									
<b>BUTTER PECAN:</b> *Ice Cream Mix, Roasted Pecans, Natural Nut Flavor, Butterscotch Flavor, Annatto Seed Added For Color.									
<b>CAFE CARAMELO:</b> *Ice Cream Mix, Caramel Ribbon (Water, Sugar, Sweet And Condensed Milk, Butter, Buttermilk, Non Fat Milk Solids, Natural Flavors, Salt, Lecithin, Caramel Color, Xanthin Gum, Annatto), Macadamia Nuts, Toasted Coconut, Natural Nut Flavor, Coffee, Vanilla, Natural Flavor.									
<b>CARAMEL COCONUT MACADAMIA:</b> *Ice Cream Mix, Caramel Ribbon (Water, Sugar, Sweet And Condensed Milk, Butter, Buttermilk, Non Fat Milk Solids, Natural Flavors, Salt, Lecithin, Caramel Color, Xanthin Gum, Annatto), Shredded Coconut, Macadamia Nuts, Natural Flavor.									
<b>CHOCOLATE CHIP:</b> *Ice Cream Mix, Dark Chocolate Chips, Vanilla Extract, Vanilla Sugar (Natural, Vanilla, Ground Vanilla Beans, Dextrose).									
<b>CHOCOLATE MACADAMIA NUT:</b> *Ice Cream Mix, Cocoa Powder, (Cocoa Processed with Alkali, Sugar, Vanilla, Natural Flavor), Macadamia Nuts, Cocoa, Natural Nut Flavor, Vanilla.									
<b>CHOCOLATE PEANUT BUTTER:</b> *Ice Cream Mix, Cocoa, (Cocoa Processed with Alkali, Sugar, Vanilla, Natural Flavor), Vanilla, Creamy Peanut Butter (Peanuts, Dextrose, Vegetable Oil, Salt).									
<b>CHOCOLATE:</b> *Ice Cream Mix, Cocoa Powder, (Whole Milk, Evaporated Milk, Sugar, Butter, Chocolate Liquor, Eggs, Cocoa), Vanilla.									
<b>COCONUT MACADAMIA NUT FUDGE:</b> *Ice Cream Mix, Macadamia Nuts, Chocolate Fudge (Whole Milk, Chocolate Liquor, Corn Sweetener, Carrageenan, Potassium Sorbate, Salt, Baking Soda, Vanilla), Toasted Coconut, Natural Nut Flavor, Annatto Seed.									
<b>COCONUT PINEAPPLE:</b> *Ice Cream Mix, Crushed Pineapple, Shredded Coconut.									
<b>COCONUT:</b> *Ice Cream Mix, Shredded Coconut, Natural Flavor.									
<b>COOKIE CRUNCH:</b> *Ice Cream Mix, Cocoa Powder (Whole Milk, Evaporated Milk, Sugar, Butter, Chocolate Liquor, Eggs, Cocoa), Oreo Cookies ™ (Enriched Flour (Contains Niacin, Reduced Iron, Thiamine, Mono Nitrate, Riboflavin), Vanilla.									
<b>COOKIE DOUGH:</b> *Ice Cream Mix, Cookie Dough (Enriched Flour (Contains Niacin, Reduced Iron), Hydrogenated Oil (One Or More Of The Following: Soy Bean, Cotton Seed, Palm, Peanut, Coconut), Vanilla Extract, Vanilla Sugar (Natural, Vanilla, Ground Vanilla Beans, Dextrose),									
<b>COOKIE MONSTER:</b> *Ice Cream Mix, Oreo Cookies (Enriched Flour (Contains Niacin, Reduced Iron, Thiamine, Mono Nitrate, Riboflavin), Sugar, Hydrogenated Oil (One Or More Of The Following: Soy Bean, Cotton Seed, Palm, Peanut, Coconut), Vanilla. Cookie Dough(Wheat Flour, Sugar, Brown Sugar,Butter, Water, Soy Oil,Cornstarch, Molasses, Salt, Natural Flavor, Soy Lecithin, Baking Soda, Chocolate Chips (Sugar, choc liquor, cocoa butter, Soy lecithin and vanilla) Blue Color									
<b>COOKIES AND CREAM:</b> *Ice Cream Mix, Oreo Cookies ™ (Enriched Flour (Contains Niacin, Reduced Iron, Thiamine, Mono Nitrate, Riboflavin), Sugar, Hydrogenated Oil (One Or More Of The Following: Soy Bean, Cotton Seed, Palm, Peanut, Coconut), Vanilla Extract, Vanilla Sugar (Natural, Vanilla, Ground Vanilla Beans.),									
<b>DATE CASABLANCA:</b> *Ice Cream Mix, Caramel Ribbon (Water, Sugar, Sweet And Condensed Milk, Butter, Buttermilk, Non Fat Milk Solids, Natural Flavors, Salt, Lecithin, Caramel Color, Xanthin Gum, Annatto), Dates, Natural Flavor.									
<b>DOUBLE CHOCOLATE FUDGE:</b> *Ice Ream Mix, Cocoa Powder (Cocoa Processed with Alkali, Sugar, Vanilla, Natural Flavor), Chocolate Fudge (Sugar, Chocolate Liquor, Nonfat Dry Milk, Butter, Carrageenan, Salt, Sodium Bicarbonate, Natural Flavor), Vanilla.									
<b>GREEN TEA:</b> *Ice Cream Mix, Ceremonial Green Tea, Natural Flavor, Green Color.									

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<b>HANA ROAD:</b> *Ice Cream Mix, Cocoa Powder, (Cocoa Processed with Alkali, Sugar, Vanilla, Natural Flavor), Marshmallows, (Corn Syrup, Sugar, Food Starch, Water, Gelatin), Walnuts, Chocolate Dipped Almonds, White Chocolate Chips, Vanilla.									
<b>HAWAII SEA SALT CARAMEL:</b> *Ice Cream Mix, Caramel Ribbon (Water, Sugar, Sweet And Condensed Milk, Butter, Buttermilk, Non Fat Milk Solids, Natural Flavors, Salt, Lecithin, Caramel Color, Xanthin Gum, Annatto).									
<b>HORCHATA CAJETA:</b> *Ice Cream Mix, Rice Milk Puree, Salted Caramel Ribbon (Water, Sugar, Sweet And Condensed Milk, Butter, Buttermilk, Non Fat Milk Solids, Natural Flavors, Salt, Lecithin, Caramel Color, Xanthin Gum, Annatto).									
<b>KAHLUA TRUFFLE:</b> *Ice Cream Mix, Mocha Truffles (Whole Milk, Evaporated Milk, Sugar, Butter, Chocolate Liquor, Eggs, Cocoa), Coffee, Rum.									
<b>KAUAI PIE:</b> *Ice Cream Mix, Chocolate Fudge (Sugar, Chocolate Liquor, Nonfat Dry Milk, Butter, Carrageenan, Salt, Sodium Bicarbonate, Natural Flavor), Corn Syrup, Macadamia Nuts, Toasted Coconut. Stabilizer, Coffee									
<b>KONA COFFEE:</b> *Ice Cream Mix, Coffee, Cocoa Powder (Cocoa Processed With Alkali, Sugar, Cocoa, Vanilla, Natural Flavor), Pure Vanilla Extract.									
<b>KONA MOCHA CHIP:</b> *Ice Cream Mix, Chocolate Chunks (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lethicin, Vanilla), Coffee.									
<b>LOCO COCO:</b> *Ice Cream Mix, Coconut Puree (Corn Syrup, Coconut, Sugar Syrup, Water, Food Starch, Coconut Flavor, Potassium Sorbate, Citric Acid, Salt), Toasted Coconut, Jamaican Rum.									
<b>LYCHEE:</b> *Ice Cream Mix, Lychee Fruit, Natural Flavor.									
<b>MACADAMIA NUT:</b> *Ice Cream Mix, Macadamia Nuts, Natural Nut Flavor (With Salt, Corn Syrup, Caramel Color), Annatto.									
<b>MANILA MANGO:</b> *Ice Cream Mix, Mango Puree (Mangoes, Corn Syrup, Sugar Syrup, Water, Citric Acid, Natural Color, Salt), Mango Sorbet (Mango Puree, Water, Sugar, Corn Syrup, Guar Gum, Locust Bean Gum).									
<b>MAPLE WALNUT:</b> *Ice Cream Mix, Walnuts, Natural Flavor.									
<b>MINT CHIP:</b> *Ice Cream Mix, Dark Chocolate Chips, Peppermint Flavor, Green Color.									
<b>MINTY COOKIE:</b> *Ice Cream Mix, Hydrox Cookies™ (Enriched Flour (Contains Niacin, Reduced Iron, Thiamine, Mono Nitrate, Riboflavin), Natural Peppermint Extract, Green Color.									
<b>NUKU HIVA:</b> *Ice Cream Mix, Sorbet Raspberry, Pineapple, Brownie Pieces (Whole Milk, Evaporated Milk, Sugar, Butter, Chocolate Liquor, Eggs, Cocoa).									
<b>PEACH:</b> *Ice Cream Mix, Peaches, Apricot Puree, Natural Flavor.									
<b>PEPPERMINT FUDGE</b>									
<b>PISTACHIO:</b> *Ice Cream Mix, Pistachios, Natural Nut Flavor, Green Color.									
<b>PRALINE PECAN:</b> *Ice Cream Mix, Praline Pecans (Sugar, Pecans, Butter, Corn Syrup, Salt), Caramel Ribbon (Corn Sweetener, Condensed Milk, Cream, Water, Sodium Alginate, Salt, Sodium Citrate, Baking Soda), Caramel Flavor, Annatto.									
<b>RUM RAISIN:</b> *Ice cream mix, raisins, Jamaican rum, natural flavor, annatto.									
<b>STRAWBERRY:</b> *Ice Cream Mix, Strawberries, Natural Flavor, Citric Acid.									
<b>THATCHED ROOF SUNDAE:</b> *Ice Cream Mix, Chocolate Coated Peanuts (Chocolate Coating: Sugar, Chocolate Liquor, Cocoa Butter, Soy Lethicin, Vanilla), Annatto Seed.									
<b>UBE:</b> *Ice Cream Mix, Philippine Ube Root, Natural Flavor.									
<b>VANILLA BEAN:</b> *Ice Cream Mix, Vanilla Extract, Vanilla Sugar (Natural, Vanilla, Ground Vanilla Beans, Dextrose), Annatto Seed.									
<b>WHITE CHOCOLATE MACADAMIA NUT:</b> *Ice Cream Mix, White Coating (Sugar, Cocoa Butter, Whole Milk Powder, Soy Lecithin, Vanilla), Pectin [Pectin, Dextrose, Sodium Citrate, Gum Arabic, Natural Flavor), Corn Syrup, Whey, Macadamia Nuts, White Chocolate Chunks (Sugar, Palm Kernel And Palm Oils, Non Fat Dry Milk, Butter, Soy Lecithin, Natural Flavor, Salt), Natural Flavor, Caramel Color									

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<b>**LAPPERT'S YOGURT MIX:</b> Skim Milk, Buttermilk, Milk, Sugar, Corn Syrup, Whey, Live Yogurt Culture, Stabilizer (Guar Gum, Locust Bean Gum).	120	55	2	2	25	50	24	4	60
<b>YOGURT, BLUEBERRY CHEESECAKE:</b> **Yogurt Mix, Blueberry Puree (Blueberries, Sugar, Water, Food Starch, Natural Flavors, Lemon Juice, Malic Acid, Phosphoric Acid, Sodium Benzoate), Cheesecake Base (Corn Syrup, Water, Sugar, Food Starch, Cheese, Natural Flavor, Citric Acid, Sodium Benzoate, Potassium Sorbate, Natural Color).									
<b>YOGURT, COOKIES AND CREAM:</b> **Yogurt Mix, Hydrox Cookies (Enriched Flour (Contains Niacin, Reduced Iron, Thiamine, Mono Nitrate, Riboflavin), Sugar, Hydrogenated Oil (One Or More Of The Following: Soy Bean, Cotton Seed, Palm, Peanut, Coconut									
<b>YOGURT, DOUBLE CHOCOLATE:</b> **Yogurt Mix, Cocoa Powder, (Cocoa Processed with Alkali, Sugar, Vanilla, Natural Flavor), Natural Flavor.									
<b>YOGURT, KONA COFFEE FUDGE:</b> **Yogurt Mix, Coffee, Natural Flavor									
<b>YOGURT, STRAWBERRY MARGARITA:</b> **Yogurt Mix, Strawberries, Strawberry Sorbet, Natural Flavor.									
<b>YOGURT, VANILLA:</b> **Yogurt Mix, Madagascar Vanilla, Tahiti Vanilla									
<b>***ISLAND GIRL LOW FAT, NO SUGAR ADDED, ICE CREAM MIX:</b> Water, Maltodextrin, Cream, Maltitol, Non Fat Dry Milk, Whey, Cellulose Gel.	98	35	4	2	10	70	24	4	70
<b>ISLAND GIRL BLUEBERRY BROWNIE:</b> ***No Sugar Added Mix, Organic Blueberry Puree, Sugar Free Brownie Pieces.									
<b>ISLAND GIRL DOUBLE CHOCOLATE BROWNIE:</b> **No Sugar Added Mix, Sugar Free Cocoa Powder, (Cocoa Processed with Alkali, Sugar, Vanilla, Natural Flavor), Sugar Free Brownie Pieces.									
<b>ISLAND GIRL KONA MOCHA ALMOND:</b> **No Sugar Added Mix, Sugar Free Chocolate Almonds, Coffee.									
<b>ISLAND GIRL VANILLA:</b> **No Sugar Added Mix, Bourbon Vanilla, Vanilla Beans.									
<b>SORBETS:</b> Fruit Pulp, Water, Sugar, Corn Syrup, Guar Gum, Locust Bean Gum. (No Artificial Colors Or Sweeteners)	120	0	0	0	0	0	32	0	0