

Freshëns®

fuel for the body & mind™

MICROBLASTS	Calories	Fat	Trans Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Brownie Batter	724	25g	0g	13g	41mg	317mg	115g	1g	79g	15g	4%	6%	45%	6%
Cookie Dough	630	16g	0g	8g	6mg	304mg	108g	1g	75g	13g	2%	6%	45%	6%
Oreo	469	5g	0g	1g	6mg	442mg	90g	1g	59g	12g	0%	6%	40%	10%
Reese's P'nut Butter	751	29g	0g	13g	6mg	382mg	104g	3g	79g	21g	0%	6%	45%	6%
Tripple Berry	401	1g	0g	0g	6mg	216mg	82g	2g	61g	11g	0%	20%	45%	2%
MILK SHAKES														
Chocolate	533	4.5g	0g	2.5g	18mg	316mg	103g	0g	79g	15g	6%	8%	60%	4%
Oreo	643	9g	0g	3.5g	18mg	528mg	121g	1g	88g	16g	6%	8%	60%	10%
Strawberry	568	4g	0g	2.5g	18mg	286mg	115g	1g	94g	14g	6%	15%	60%	0%
Vanilla	506	4g	0g	2.5g	18mg	279mg	99g	0g	79g	14g	6%	8%	50%	0%
CONES														
NF Vanilla Cake Cone	197	0g	0g	0g	3mg	121mg	40g	0g	26g	5g	0%	4%	20%	2%
NF Chocolate Cake Cone	208	.5g	0g	0g	5mg	119mg	40g	1g	25g	6g	0%	2%	20%	2%
NF Vanilla Waffle Cone	297	1.5g	0g	0g	3mg	162mg	62g	1g	37g	8g	0%	4%	25%	4%
NF Chocolate Waffle Cone	309	1.5g	0g	0g	7mg	160mg	61g	2g	36g	9g	0%	2%	25%	4%
CUPS														
NF Vanilla 7oz Cup	241	0g	0g	0g	4mg	148mg	48g	0g	35g	7g	0%	4%	30%	0%
NF Vanilla 9oz Cup	310	0.5g	0g	0g	5mg	190mg	62g	0g	45g	9g	0%	6%	40%	0%
NF Vanilla 11oz Cup	379	0.5g	0g	0g	6mg	233mg	76g	0g	55g	11g	0%	6%	45%	0%
NF Chocolate 7oz Cup	256	1g	0g	0g	8mg	146mg	48g	1g	33g	8g	0%	4%	30%	0%
NF Chocolate 9oz Cup	329	1g	0g	0g	10mg	187mg	62g	2g	43g	10g	0%	4%	40%	0%
NF Chocolate 11oz Cup	402	1.5g	0g	0g	12mg	229mg	76g	2g	52g	12g	0%	4%	45%	0%