



NUTRITIONAL INFORMATION

DESSERT

Gelato • By the pint	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbo- hydrates	Dietary Fiber	Sugars	Protein
Chocolate Gelato (Cioccolato)	800	28g	14g	0g	60mg	180mg	124g	12g	104g	16g
Chocolate Chip Mint Gelato (Stracciamenta)	760	32g	18g	0g	100mg	220 mg	100g	4g	96g	16g
Salted Caramel Gelato (Caramello al Sale)	720	28g	16g	0g	100mg	1,040mg	100g	4g	96g	16g
Sweet Cream Gelato (Panna)	720	28g	14g	0g	100mg	240mg	104g	4g	100g	16g
Lemon Sorbet (Limone)	360	0g	0g	0g	0mg	0mg	88g	8g	80g	0g
Raspberry Sorbet (Lampone)	320	0g	0g	0g	0mg	0mg	76g	16g	64g	0g
Cookies • Per cookie	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbo- hydrates	Dietary Fiber	Sugars	Protein
Macrina's Olivia's Chocolate Chip Cookie	200	0g	0g	0g	0mg	0mg	76g	16g	64g	0g

2,000 calories a day is used for general nutrition advice, but calorie needs vary.