



NUTRITIONAL INFORMATION

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 |

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