

everything you'd  
ever want to know  
about what's in  
our ice cream

**BEN & JERRY'S**



Read 'em  
& Weep

**IT TASTES  
GOOD  
FOR A REASON**

## Ice Cream

(per 1/2 cup serving = approximately one scoop)

**Butter Pecan (86g):** Cream, skim milk, liquid sugar, water, roasted pecans (pecans, peanut oil, salt, butter), butter flavor base (brown sugar, butter, water, sugar, salt, egg yolks, vanilla extract, sweetened condensed skim milk, guar gum, lemon juice concentrate, carrageenan), egg yolks, guar gum, carob bean gum.

**Cake Batter (92g):** Cream, skim milk, water, liquid sugar, sugar, wheat flour, coconut oil, egg yolk, butter, cocoa processed with alkali, soybean oil, chocolate liquor, natural flavor, salt, guar gum, soya lecithin, turmeric (for color), carrageenan.

**Cherry Garcia® (87g):** Cream, skim milk, liquid sugar, cherries (cherries, corn syrup, high fructose corn syrup, water, natural flavor, sugar, concentrated lemon juice, caramel & red cabbage extract (for color), guar gum, carob bean gum), water, fudge flakes [sugar, coconut oil, cocoa (processed with alkali), cocoa, milkfat, soya lecithin, natural flavors], egg yolks, guar gum, carrageenan.

**Chocolate (88g):** Cream, liquid sugar, water, skim milk, Fair Trade Certified cocoa (processed with alkali), guar gum, carrageenan, egg yolks.

**Chocolate Chip Cookie Dough (87g):** Cream, skim milk, liquid sugar, cookie dough [unbleached wheat flour, brown sugar, sugar, butter, chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla extract), eggs, expeller pressed soybean oil, water, molasses, salt, vanilla extract], water, cookie dough powder (unbleached wheat flour, brown sugar, sugar, natural flavors, vanilla powder, cocoa, salt), egg yolks, fudge chips [sugar, coconut oil, cocoa (processed with alkali), cocoa, milkfat, soya lecithin, natural flavors], natural flavors, vanilla extract, guar gum, carrageenan.

**Chocolate Fudge Brownie (87g):** Cream, liquid sugar, skim milk, water, brownies [sugar, water, unbleached wheat flour, cocoa (processed with alkali), soybean oil, eggs, corn syrup, egg whites, salt, vanilla extract, baking soda], cocoa (processed with alkali), egg yolks, guar gum, carrageenan.

**Chocolate Macadamia (92g):** Cream, liquid sugar, skim milk, water, sugar, macadamia nuts, coconut oil, Fair Trade Certified cocoa, egg yolk, cocoa powder processed with alkali, Fair Trade Certified vanilla, salt, guar gum, corn starch, soya lecithin, vanilla, carrageenan.

**Chocolate Peanut Butter Swirl (89g):** Cream, skim milk, liquid sugar, water, peanut butter swirl (peanuts, corn oil, sugar, salt), cocoa (processed with alkali), guar gum, egg yolks, carrageenan.

**Chocolate Therapy™ (86g):** Cream, liquid sugar, skim milk, water, chocolate cookies [unbleached wheat flour, expeller pressed soybean oil, sugar, chocolate chips (sugar, chocolate liquor, cocoa butter, anhydrous dextrose, soya lecithin, salt, vanilla extract), brown sugar, cocoa (processed with alkali), liquid sugar, vanilla extract, salt, cocoa extract, natural flavor, chocolate liquor, baking soda], cocoa (processed with alkali), chocolate extract, egg yolks, guar gum, carrageenan.

**Chunky Monkey® (87g):** Cream, skim milk, liquid sugar, water, banana puree (sugar, bananas, water, concentrated lemon juice, natural flavors), fudge chunks [sugar, coconut oil, cocoa (processed with alkali), cocoa, milkfat, soya lecithin, natural flavors], walnuts, egg yolks, guar gum, carrageenan.

**Cinnamon Buns (88g):** Cream, skim milk, liquid sugar, water, cinnamon streusel (sugar, soybean oil, brown sugar, water, wheat flour, corn syrup, butter, cinnamon, natural flavors, soya lecithin, salt), cinnamon bun dough (sugar, wheat flour, palm oil, water, butter, molasses, baking soda, cinnamon, invert sugar, soya lecithin, salt), caramel (corn syrup, sugar, water, cream, skim milk, baking soda, vanilla extract, salt, carrageenan), egg yolks, guar gum, carrageenan.

**Coconut Seven Layer Bar (92g):** Cream, liquid sugar, water, skim milk, sugar, coconut, walnuts, egg yolk, coconut oil, corn syrup, soybean oil, milk, corn starch, natural flavor, wheat flour, cocoa (processed with alkali), graham flour, cocoa, milk fat, salt, palm kernel oil, palm oil, guar gum, soya lecithin, molasses, pectin, honey, baking soda, carrageenan.

**Coffee (88g):** Cream, skim milk, liquid sugar, water, Fair Trade Certified coffee extract, egg yolks, natural flavor, guar gum, carrageenan.

**Coffee Coffee Buzz Buzz Buzz® (88g):** Cream, skim milk, liquid sugar, fudge coffee chunks [sugar, coconut oil, cocoa (processed with alkali), cocoa, soya lecithin, vanilla extract, roasted ground coffee beans), water, Fair Trade Certified coffee extract, egg yolks, coffee, guar gum, carrageenan.

**Half Baked® (114g):** Cream, liquid sugar, skim milk, water, chocolate chip cookie dough (unbleached wheat flour, brown sugar, sugar, butter, eggs, expeller pressed soybean oil, water, sugar, chocolate liquor, cocoa butter, soya lecithin, vanilla extract, molasses, vanilla extract, salt), brownie [sugar, water, unbleached wheat flour, cocoa (processed with alkali), soybean oil, egg, corn syrup, egg white, salt, vanilla extract, baking soda], cocoa (processed with alkali), cookie dough powder (unbleached wheat flour, brown sugar, sugar, natural flavor, vanilla powder, cocoa, salt), egg yolks, vanilla extract, guar gum, carrageenan.

**Imagine Whirled Peace™ (91g):** Cream, water, skim milk, liquid sugar, sugar, wheat flour, egg yolk, coconut oil, butter, brown sugar, corn syrup, natural flavor, eggs, milk, sweetened condensed skim milk, cocoa (processed with alkali), salt, baking soda, corn starch, guar gum, almonds, soya lecithin, carrageenan. ALLERGY INFORMATION: The fudge peace sign pieces are manufactured on equipment that also processes peanuts and tree nuts.

**Mint Chocolate Chunk (88g):** Cream, skim milk, liquid sugar, water, fudge chunks [sugar, coconut oil, cocoa (processed with alkali), cocoa, milkfat, soya lecithin, natural flavors], egg yolks peppermint extract, guar gum, carrageenan.

**New York Super Fudge Chunk® (87g):** Cream, liquid sugar, skim milk, water, cocoa (processed with alkali), fudge chunks [sugar, coconut oil, cocoa (processed with alkali), cocoa, milkfat, soya lecithin, natural flavors], white fudge chunks (sugar, coconut oil, skim milk, milkfat, natural flavors, soya lecithin), fudge coated almonds [roasted almonds (almonds, peanut oil, salt), sugar, coconut oil, cocoa (processed with alkali), cocoa, milkfat, salt, peanut oil, soya lecithin, vanilla extract], walnuts, roasted pecans (pecans, peanut oil, salt, butter), egg yolks, guar gum, carrageenan.

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fatty Acids	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
260	180	20	8	0	50	105	17	0	24	4	8	0	10	2	
242	134	14	9	0.4	53	69	24	0.5	21	3	10	0	10	2	
200	100	11	8	0	45	50	23	0	20	3	8	0	10	2	
200	110	12	8	0	30	40	21	1	18	3	8	0	10	10	
220	110	12	7	0	55	70	26	0	20	4	8	0	10	2	
220	100	11	6	0	25	70	27	1	22	3	8	0	10	8	
253	150	17	11	0.35	44	62	23	1	20	3	8	0	10	8	
250	100	17	7	0	25	100	22	2	17	6	8	0	10	8	
210	110	12	7	0	25	65	25	2	19	4	8	0	10	10	
240	130	14	8	0	45	35	24	0	22	4	8	2	10	2	
240	110	12	7	0	45	105	30	0	23	3	8	0	10	25	
276	161	17	11	.4	49	46	25	1	20	3	8	0	10	2	
190	100	11	8	0	60	50	18	0	16	3	10	0	15	2	
230	100	14	10	0	50	40	23	1	21	4	8	0	10	2	
230	100	11	7	0	40	70	28	1	22	4	8	0	10	6	
252	135	15	10	0.4	60	99	26	0.3	24	3	10	0	10	2	
230	130	14	10	0	50	45	23	1	20	3	8	0	10	2	
250	150	17	9	0	25	45	24	2	21	4	6	0	10	8	

**Oatmeal Cookie Chunk (87g):** Cream, skim milk, liquid sugar, water, oatmeal cookies (unbleached wheat flour, sugar, rolled oats, expeller pressed soybean oil, raisin juice concentrate [soluble raisin solids, water], apple juice concentrate, baking soda, salt, natural flavor, spices [allspice and cinnamon], soya lecithin), caramel base (corn syrup, sugar, water, sweetened condensed skim milk, cream, baking soda, vanilla extract, salt, carrageenan), fudge chunks (sugar, coconut oil, cocoa [processed with alkali], cocoa, milkfat, soya lecithin, natural flavors), egg yolks, cinnamon, guar gum, carrageenan.

**One Cheesecake Brownie™ (92g):** Cream, water, skim milk, liquid sugar, sugar, milk, cultured milk, egg yolks, eggs, wheat flour, soybean oil, cocoa (processed with alkali), natural flavor, invert sugar, corn syrup, corn starch, guar gum, palm oil, palm kernel oil fractions, salt, soya lecithin, xanthan gum, cane juice syrup, cheese culture, carrageenan, corn flour, baking soda, carob bean gum, enzymes.

**Orange and Cream (92g):** Water, liquid sugar, cream, skim milk, corn syrup, orange juice concentrate, egg yolk, orange juice solids, inulin, orange, annatto (for color), pectin, locust bean gum, guar gum, citric acid, orange peel, carrageenan, vanilla extract.

**Peanut Butter Cookie Dough (92g):** Cream, liquid sugar, skim milk, peanut butter cookie dough (wheat flour, sugar, peanuts, egg, water, brown sugar, salt), water, peanut butter swirl (peanuts, corn oil, sugar, salt), egg yolk, malted milk powder (wheat and malt barley extracts, milk solids, salt, sodium bicarbonate), vanilla extract, guar gum, carrageenan.

**Phish Food® (88g):** Cream, liquid sugar, marshmallow (corn syrup, sugar, water, egg whites, natural flavor, pectin), skim milk, water, caramel swirl (corn syrup, water, butter, sweetened condensed skim milk, sugar, salt, carrageenan, natural flavors, baking soda), fudge fish [sugar, coconut oil, cocoa (processed with alkali), cocoa, milkfat, soya lecithin, natural flavors], cocoa (processed with alkali), natural flavors, vanilla extract, egg yolks, guar gum, carrageenan. ALLERGY INFORMATION: May contain peanuts and tree nuts because the fudge fish pieces are made on equipment that also processes these nuts.

**Strawberry (84g):** Cream, strawberries (strawberries, sugar), skim milk, liquid sugar, water, egg yolks, guar gum, carrageenan.

**Strawberry Cheesecake (86g):** Cream, skim milk, liquid sugar, water, graham swirl (sugar, soybean oil, corn starch, wheat flour, graham flour, milk fat, palm oil & palm kernel oil, salt, molasses, honey, soya lecithin, baking soda), strawberries (strawberries, sugar), cheesecake base (sugar, water, cream cheese, natural flavor), egg yolks, guar gum, carrageenan.

**Sweet Cream & Cookies (88g):** Cream, skim milk, liquid sugar, water, chocolate sandwich cookies [unbleached wheat flour, sugar, expeller pressed soybean oil, cocoa (processed with alkali), liquid sugar, corn starch, soya lecithin, natural flavors, cocoa extract, salt, baking soda], egg yolks, guar gum, carrageenan.

**Triple Caramel Chunk (88g):** Cream, skim milk, liquid sugar, water, corn syrup, sugar, sweetened condensed skim milk, coconut oil, egg yolks, butter, cocoa (processed with alkali), milk, salt, partially hydrogenated palm oil, guar gum, natural flavors, soya lecithin, carrageenan, baking soda, vanilla extract. ALLERGY INFORMATION: May contain peanuts and tree nuts because the fudge covered caramel chunks are made on equipment that also processes these nuts.

**Vanilla (88g):** Cream, skim milk, liquid sugar, water, egg yolks, Fair Trade Certified vanilla extract (with vanilla bean seeds), guar gum, carrageenan.

**Vanilla HEATH® Bar Crunch (82g):** Cream, skim milk, liquid sugar, water, sugar, egg yolks, palm oil, cocoa butter, milk, chocolate liquor, almonds, lactose, milkfat, natural flavors, vanilla extract, salt, soya lecithin, guar gum, vanillin (an artificial flavor), carrageenan. ALLERGY INFORMATION: May contain peanuts because HEATH® bars are made in a plant that also processes peanuts.

## Sorbet

(per 1/2 cup serving = approximately one scoop)

**Berry Berry Extraordinary® (92g):** Water, liquid sugar, raspberry puree [raspberries, sugar, lemon juice concentrate, pectin, elderberry juice concentrate (for color)], blueberry puree [blueberries, sugar, lemon juice concentrate, elderberry juice concentrate (for color), pectin], corn syrup, blueberry juice concentrate, inulin, blackberry juice concentrate, pectin, lemon juice concentrate, carob bean gum.

**Lemonade (88g):** Water, sugar, lemon base (water, lemon puree, sugar, concentrated lemon juice, pectin), corn syrup, inulin, pectin, locust bean gum.

**Mango Mango (91g):** Water, mango puree base (mango, sugar, water, pectin, lemon juice concentrate), liquid sugar, corn syrup, inulin, pectin, carob bean gum.

**Strawberry Kiwi (92g):** Water, liquid sugar, kiwi puree (kiwi, water, sugar, pectin, natural flavor), strawberry puree [strawberries, sugar, water, pectin, lemon juice concentrate, elderberry juice (for color)], corn syrup, strawberry concentrate, inulin, blackberry juice concentrate, pectin, carob bean gum, lemon juice concentrate.

## Low Fat Frozen Yogurt

(per 1/2 cup serving [93–94g] = approximately one scoop)

**Black Raspberry Swirl:** Skim milk, water, raspberry swirl (sugar, black & red raspberry puree, water, pectin, carob bean gum, natural flavors, citric acid, xanthan gum), liquid sugar, raspberry puree (black & red raspberries, sugar, water, natural flavor, citric acid, pectin), corn syrup, cream, corn syrup solids, egg yolks, carob bean gum, yogurt (skim milk, yogurt cultures), yogurt cultures.

**Chocolate Fudge Brownie:** Skim milk, liquid sugar, brownies [sugar, water, unbleached wheat flour, cocoa (processed with alkali), soybean oil, eggs, corn syrup, egg whites, salt, vanilla extract, baking soda], yogurt (skim milk, yogurt cultures), corn syrup, cocoa (processed with alkali), corn syrup solids, cream, egg yolks, carob bean gum, yogurt cultures.

**Half Baked®:** Skim milk, water, liquid sugar, cookie dough [unbleached wheat flour, brown sugar, sugar, butter, vanilla extract, expeller pressed soybean oil, molasses], brownies [sugar, water, unbleached wheat flour, cocoa (processed with alkali), soybean oil, eggs, corn syrup, egg whites, salt, vanilla extract, baking soda], yogurt (skimmed milk, yogurt cultures), corn syrup, cream, cookie dough powder (unbleached wheat flour, brown sugar, sugar, natural flavors, vanilla powder, cocoa, salt), corn syrup solids, cocoa (processed with alkali), egg yolks, carob bean gum, natural flavors, vanilla extract, yogurt cultures.

**Vanilla:** Skim milk, water, liquid sugar, yogurt (skim milk, yogurt cultures), corn syrup, cream, corn syrup solids, egg yolks, carob bean gum, yogurt cultures.

## No Sugar Added

(per 1/2 cup serving [80g] = approximately one scoop)

**Vanilla Fudge Chip:** Cream, water, skim milk, no sugar added fudge chips [coconut oil, lactitol, maltitol, cocoa (processed with alkali), milkfat, soya lecithin, vanilla extract, natural flavors, acesulfame potassium], inulin, polydextrose, sorbitol, glycerine, maltodextrin, egg yolk solids, natural flavors, guar gum, mono & diglycerides, xanthan gum, sucralose, acesulfame potassium. ALLERGY INFORMATION: May contain peanuts and tree nuts because the fudge pieces are made on equipment that also processes these nuts.

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fatty Acids	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
240	110	13	8	0	45	110	28	1	20	4	8	0	10	2	
234	128	14	8	0.4	64	77	23	0.3	20	3	10	0	10	2	
152	78	6	4	0.2	31	30	23	1	20	2	6	10	8	2	
268	149	17	7	0	53	138	25	1	18	6	8	0	10	4	
230	100	11	7	0	25	65	32	1	20	3	6	0	8	8	
170	80	9	6	0	45	35	18	0	16	3	8	15	10	2	
210	100	11	6	0	40	35	24	0	20	3	6	10	8	2	
240	110	13	7	0	55	95	24	0	18	4	8	0	10	4	
230	110	12	9	0	50	95	28	0	22	3	8	0	10	4	
190	110	12	8	0	60	50	18	0	16	3	10	0	15	2	
240	130	14	9	0	50	100	24	0	22	3	8	0	10	2	
100	0	0	0	0	0	5	27	1	23	0	0	6	0	0	
100	0	0	0	0	0	5	26	1	21	0	0	8	0	0	
100	0	0	0	0	0	10	27	1	23	0	15	10	0	0	
100	0	0	0	0	0	10	27	1	23	0	0	10	0	0	
140	25	1.5	1	0	15	55	28	1	20	3	2	4	15	2	
160	20	2.5	0.5	0	15	90	32	1	22	4	0	0	15	6	
160	25	2.5	1	0	15	85	31	1	20	4	2	0	10	4	
130	15	1.5	1	0	20	70	25	0	16	4	2	0	15	2	
180	120	13	10	0	45	40	20	3	3	3	8	2	10	4	