

Menu Label Report: The Baked Bear

Item Name	Quantity	Measure	Cals (kcal)	FatCals (Fat (g))	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)	
Bear Bowl (760 - 930 Cals)													
Bear Bowl with Chocolate Chip Cookies (low end of range)	1	Serving	760	350	39	23	0	95	380	97	2	70	9
Bear Bowl with Brownies (low end of range)	1	Serving	770	360	40	18	0	75	370	99	2	78	7
Bear Bowl with Chocolate Chip Cookies (high end of range)	1	Serving	920	410	46	28	0	105	400	119	2	86	11
Bear Bowl with Brownies (high end of range)	1	Serving	930	410	46	23	0	85	390	121	2	94	9
Hot Fudge Sundae (480 - 650 Cals)													
Hot Fudge Sundae (low end of range)	1	Serving	480	250	27	16	0	55	160	54	1	42	5
Hot Fudge Sundae (high end of range)	1	Serving	650	310	34	22	0	90	210	76	0	60	6
Cookie Sandwich (580 - 820 Cals)													
Cookie Sandwich (low end of range)	1	Serving	580	320	35	21	0.5	95	590	63	0	45	7
Cookie Sandwich (high end of range)	1	Serving	820	370	41	26	0	90	330	104	1	76	8
Combo Sandwich (630 - 800 Cals)													
Combo Sandwich (low end of range)	1	Serving	630	290	32	16	0	45	290	81	2	59	6
Combo Sandwich (high end of range)	1	Serving	800	350	39	22	0	75	340	103	2	77	8
Brownie Sandwich (660 - 770 Cals)													
Brownie Sandwich (low end of range)	1	Serving	660	290	33	14	0	60	330	88	2	67	6
Brownie Sandwich (high end of range)	1	Serving	770	330	37	17	0	65	350	103	2	78	7
Vegan Sandwich (590 - 700 Cals)													
Vegan Sandwich (low end of range)	1	Serving	590	290	32	18	0	30	250	73	2	51	7
Vegan Sandwich (high end of range)	1	Serving	700	320	36	21	0	40	260	88	2	62	8
Brownies													
Brownies	1	Serving	220	80	10	2.5	0	15	130	33	1	23	2
6 Cookies (1140 - 1510 Cals)													
6 Cookies (low end of range)	1	Serving	1140	490	54	27	0	0	540	156	6	90	12
6 Cookies (high end of range)	1	Serving	1510	620	69	45	1	150	730	205	3	133	13
12 Cookies (2280 - 3010 Cals)													
12 Cookies (low end of range)	1	Serving	2280	970	108	54	0	0	1080	312	12	180	24
12 Cookies (high end of range)	1	Serving	3010	1240	138	89	2	305	1460	409	5	266	26
Ice Cream, double (430 - 670 Cals)													
Double Ice Cream (low end of range)	1	Serving	430	250	28	18	0	65	140	43	0	43	5
Double Ice Cream (high end of range)	1	Serving	670	320	36	23	0	75	180	77	0	64	8
Ice Cream, pint (680 - 1000 Cals)													
Pint of Ice Cream (low end of range)	1	Serving	680	400	44	28	0	100	220	68	0	68	8
Pint of Ice Cream (high end of range)	1	Serving	1000	500	56	36	0	120	260	112	0	100	12
Ice Cream Cones													
Cake Cone	1	Serving	25	0	0	0	0	10	5	0	0	1	
Waffle Cone	1	Serving	110	5	0.5	0	0	50	26	1	8	2	
Ice Cream, single (210 - 350 Cals)													
Single Ice Cream (low end of range)	1	Serving	210	120	14	9	0	30	70	21	0	21	3
Single Ice Cream (high end of range)	1	Serving	350	160	18	12	0	40	95	41	0	32	4
Cookies (190 - 250 Cals)													
Vegan Gluten Free Chocolate Chip Cookie	1	Serving	190	80	9	4.5	0	0	90	26	1	15	2
Goopy Butter Cake Cookie	1	Serving	190	100	11	6	0	30	260	21	0	12	2
Funfetti Cookie	1	Serving	210	90	10	6	0	30	105	30	0	> 18	2
Snickerdoodle Cookie	1	Serving	210	70	8	4	0	20	75	32	1	> 18	3
Chocolate Chip Cookie	1	Serving	220	80	9	5	0	25	140	32	1	19	3
Cookies & Cream Cookie	1	Serving	220	90	10	5	0	25	160	29	0	17	3
Red Velvet Cookie	1	Serving	220	90	11	6	> 0	30	130	29	> 0	> 17	3
Sea Salt Peanut Butter Chocolate Cookie	1	Serving	220	90	10	5	0	25	240	31	1	20	3
M&M's Cookie	1	Serving	230	80	9	5	0	25	150	33	1	20	3
White Chocolate Macadamia Nut Cookie	1	Serving	250	100	12	7	0	25	120	34	0	22	2
Ice Cream for Sandwiches (210 - 320 Cals)													
Vanilla Ice Cream	1	Serving	210	120	14	9	0	30	70	21	0	21	3
Dark Chocolate Ice Cream	1	Serving	210	120	14	9	0	30	105	25	3	21	3
Vanilla Chocolate Chip Soy Ice Cream	1	Serving	230	120	13	2	0	0	10	24	1	17	2
Cookies & Cream Ice Cream	1	Serving	260	140	15	10	0	35	105	26	0	25	3
Coffee Ice Cream	1	Serving	260	140	16	10	0	60	95	28	0	12	3
Bear Batter Ice Cream	1	Serving	270	150	17	10	1.5	40	105	27	0	26	4
Mint Chip Ice Cream	1	Serving	280	160	18	10	0	60	90	29	0	13	3
Blackberry Crumble Ice Cream	1	Serving	280	130	15	9	0	35	80	32	0	28	3
Toasted S'mores Ice Cream	1	Serving	290	140	16	9	0	35	125	33	1	27	4
Salted Caramel Fudge Ice Cream	1	Serving	300	160	17	11	0	40	220	31	0	28	3
Butter Brittle Cake Ice Cream	1	Serving	300	150	16	10	0	40	130	33	0	30	4
Cookie Dough Ice Cream	1	Serving	320	160	18	12	0	40	85	36	0	32	4
Toppings (10 - 90 Cals)													
Hot Caramel Topping	1	Serving	10	0	0	0	0	0	2	0	1	0	
Hot Fudge Topping	1	Serving	10	5	0	0	0	5	2	0	1	0	
Fruity Pebbles Topping	1	Serving	15	0	0	0	0	15	3	0	1	0	
Almond Topping	1	Serving	40	30	3.5	0	0	0	1	1	0	1	
Oreo Crumbs Topping	1	Serving	60	20	2.5	0.5	0	50	9	0	5	0	
Sprinkles Topping	1	Serving	60	25	2.5	2	0	0	9	0	7	0	
Whipped Cream Topping	1	Serving	60	40	4.5	2	0	25	0	4	0	4	0
Heath Bar Bits Topping	1	Serving	70	35	4	2	> --	0	30	8	0	8	1
Mini Chocolate Chips Topping	1	Serving	70	40	4	2.5	0	0	11	1	10	1	
Nutella Topping	1	Serving	70	35	4	1.5	0	0	7	0	7	1	
Mini M&M's Topping	1	Serving	80	40	4	2.5	0	5	10	12	0	11	1
Brownie Bits Topping	1	Serving	90	35	4	1	0	5	55	14	0	10	1

Nutrition information calculated by Reveal Food + Nutrition Inc represents approximations based on restaurant recipes and product information.

Nutrients listed as "--" or ">" indicate no data for these items. ESHA Food Processor Software Version 11.6.0 Updated 08.21.19