

Breyer's Ice Cream		Nutrition (2/3 cup)			Best Ingredients				Other Ingredients						
© Pete Matthews Jr.															
Flavors	Calories	Fat (g)	Sodium (mg)	Milk (whole/skim)	Cream	Sugar	Dutched cocoa (alkali process)	Real Fruit/Nuts	Tara Gum	Natural Flavor	Egg	Water	Corn Syrup	Compound	Other (count)
Natural Vanilla ★	170	9	50	●	●	●			●	●					none
French Vanilla	180	10	55	●	●	●			●	●	●	●	●		6
Homemade Vanilla	180	9	80	●	●	●			●	●	●	●	●		6
Lactose Free Vanilla	150	4.5	65	○	●	●			●	●		●	●		6
Extra Creamy Vanilla	140	4.5	50	●	●	●			●	●		●	●		5
No Sugar Added Vanilla	100	3.5	55	○	●				●	●					10
CarbSmart Vanilla	100	6	45	○	●				●	●		●			11
Non-Dairy Vanilla	130	5	30			●				●		●	●		14
Chocolate ★	170	9	50	●	●	●	●		●	●		●			1
Extra Creamy Chocolate	140	4.5	50	○	●	●	●		●	●		●	●		4
CarbSmart Chocolate	110	6	40	○	●		●		●	●		●			9
Non-Dairy Chocolate	130	5	65			●	●		●	●		●	●		8
Natural Strawberry	150	7	50	●	●	●		●	●						1
Vanilla Chocolate	170	9	65	●	●	●	●		●	●					2
Vanilla Chocolate Strawberry	160	8	50	●	●	●	●	●	●	●		●			1
CarbSmart Vanilla Choc Straw	100	6	40	○	●	●	●	●	●	●		●			12
No Sugar Added Vanilla Choc Straw	100	4	55	○	●		●		●	●					10
Cookies & Cream	190	6	150	○●	●	●	●		●	●		●	●		11
Non-Dairy Cookies & Creme	170	6	90			●	●					●	●		17
Rocky Road	190	7	70	○	●	●	●	●		●		●	●		9
CarbSmart Rocky Road	110	6	45	○	●		●	●	●	●		●			16
Chocolate Peanut Butter	210	10	160	○●	●	●	●	●	●	●		●	●		7
CarbSmart Choc Peanut Butter	150	10	95	○	●	●	●	●	●	●		●			13
CarbSmart Brownie a la Mode	120	6	70	○●	●		●		●	●		●	●		19
CarbSmart Mint Fudge Cookie	130	7	60	○●	●		●		●	●		●			24
Coffee	140	4	50	○	●	●			●	●		●	●		7
Chocolate Chip	170	7	55	○	●	●	●		●	●		●	●		7
Chocolate Chip Cookie Dough	190	7	70	○	●	●	●		●			●	●		17
Mint Chocolate Chip	200	11	55	●	●	●	●		●	●		●			3
Dulce de Leche	160	4.5	100	○●		●			●	●		●	●		15
Reese's Chocolate	210	4.5	125	●	●	●	●	●	●	●		●	●	2	11
Reese's Peanut Butter	230	4	180	●	●	●	●	●	●	●		●	●	2	12
Cherry Vanilla	150	4	70	○	●	●		●	●	●		●	●		9
Butter Pecan	170	8	125	○	●	●		●	●	●		●	●		10
Double Cookie Crumble	210	9	140	○	●	●	●		●	●		●	●		15
Snickers	210	8	105	○	●	●			●	●				4	7
New York Style Cheesecake	160	4	70	○	●	●				●	●		●	3	10
Chocolate Truffle	200	8	90	○●	●	●	●		●	●		●	●		10
S'mores	170	5	95	○	●	●			●	●		●	●	3	10
Pistachio Almond	150	6	55	○	●	●		●	●	●		●	●		7
Star Spangled Scoops	130	4	50	○	●	●		●	●	●		●	●		10
Strawberry Shortcake	150	4.5	75	○	●	●		○	●	●		●	●	1	9
★ Fully recommended by Pete, who approves the taste; and the product has both good and minimal ingredients.															
There may be small errors.		Avoid "Other Ingredients," especially Corn Syrup and Compound ingredients.													
Do not use this chart for allergens!		(Strawberry is bland compared to Choc; Coffee & Mint Choc Chip not tested.)													