

**Ryan's Nutrition
Desserts Dessert Toppings**

Menu Item	Serving Size, grams	Calories	Fat, grams	Saturated Fat, grams	Trans Fat, grams	Cholesterol, milligrams	Protein, grams	Carbohydrate, grams	Total Sugars, grams	Fiber, grams	Sodium, milligrams
Apple Cinnamon Cookie	26 (1 cookie)	140	7	2.5	1.5	5	1	17	10	0	70
Banana Pudding	95 (1 spoon)	170	7	1	2.5	0	1	28	17	1	60
Butter Pecan Frozen Yogurt-No Sugar Added	89 (4 fl. oz.)	60	0	0	0	<5	2	16	3	0	85
Cheesecake-Plain	130 (1 piece)	370	19	10	2	5	5	45	35	<1	450
Chocolate Chip Cookie	26 (1 cookie)	130	7	2	2	0	1	16	9	1	110
Chocolate Soft Serve Ice Cream-Reduced Fat	87 (4 fl. oz.)	120	3	2.5	0	10	2	21	15	<1	70
Coconut Meringue Pie	75 (1 piece)	190	6	4	0.5	0	2	32	23	1	150
Key Lime Pie	75 (1 piece)	280	12	7	1	15	3	39	31	<1	140
Lemon Crème Cake-Sugar Free	64 (1 piece)	170	15	3	0	15	3	9	0	0	230
Oatmeal Raisin Cookie	26 (1 cookie)	120	5	1.5	1.5	0	1	16	8	1	100
Orange Lowfat Frozen Yogurt	88 (4 fl. oz.)	90	1	0.5	0	5	3	17	15	0	55
Pudding-Sugar Free	86 (1 spoon)	40	1	0.5	0	0	<1	7	4	0	210
Ranger Cookie	26 (1 cookie)	120	5	2.5	1	0	1	16	9	0	65
Red Velvet Cream Cake	56 (1 piece)	170	8	2	0	40	3	23	13	2	220
Strawberry No Fat Frozen Yogurt	88 (4 fl. oz.)	90	0	0	0	0	3	22	9	0	55
Sugar Cookie	26 (1 cookie)	120	5	1	1.5	0	1	17	10	0	150
Sugar Free Gelatin	90 (3 fl oz)	5	0	0	0	0	1	0	0	0	45
Vanilla Soft Serve Ice Cream	87 (4 fl. oz.)	130	5	3.5	0	20	2	19	12	0	65
White Chocolate Macadamia Nut Cookie	22 (1 cookie)	90	4.5	1.5	1	5	1	13	7	0	110
Candy											
Candy Corn	20 (12 pieces)	80	0	0	0	0	0	19	17	0	55
Chocolate Candy Buttons	26 (2 tablespoons)	130	6	3.5	0	5	1	19	17	<1	15
Chocolate Covered Raisins	20 (2 tablespoons)	90	3.5	2	0	2	1	14	12	0	5
Cocoa Drops	22 (2 tablespoons)	120	7	4	0	0	1	14	12	1	<5
Gummy Bears	20 (8 pieces)	70	0	0	0	0	0	17	12	0	20
Orange Candy Slices	24 (2 slices)	80	0	0	0	0	0	20	15	0	0
Spiced Jelly Drops	20 (7 pieces)	80	0	0	0	0	0	19	13	0	<5
Tiny Jelly Beans	20 (16 pieces)	80	0	0	0	0	0	19	15	0	0
Toppings											
Caramel Sundae Topping	41 (2 tablespoons)	130	3	1	1	0	<1	24	21	0	50
Crushed Chocolate Cookie Topping	20 (2 tablespoons)	90	3	1	0	0	1	14	6	<1	115
Granulated Peanuts	15 (2 tablespoons)	90	8	1.5	0	0	4	3	1	2	65
Ice Cream Cone-Flat Bottom	4 (1 cone)	15	0	0	0	0	0	3	<1	0	15
Ice Cream Cone-Sugar	13 (1 cone)	50	0.5	0	0	0	1	10	4	0	55
Maraschino Cherry Halves	5 (2 halves)	10	0	0	0	0	0	2	2	0	0
Old Fashioned Fudge Topping	39 (2 tablespoons)	120	3	1	1	0	1	23	19	<1	55
Pineapple Sundae Topping	42 (2 tablespoons)	50	0	0	0	0	0	12	11	0	10
Rainbow Sprinkles	15 (1 tablespoon)	70	2	1.5	0	0	0	13	11	0	0
Strawberry Sundae Topping	42 (2 tablespoons)	60	0	0	0	0	0	14	9	0	0
Whipped Topping	13 (1 tablespoon)	35	3	2.5	0	0	0	2	2	0	10
Whipped Topping-Sugar Free	1 (1 tablespoon)	5	0	0	0	0	0	<1	0	0	0