

Sweet Endings	Eva's Organic Apple Cobbler (With Ice Cream)	Organic Cheesecake (Plain/No Sauce)	Classic Chocolate Chip Skillet Cookie (With Ice Cream & No Sauce)	Skillet Brownie (With Ice Cream & No Sauce)	Everyday Sundae	Coconut Bliss— Gluten Free, Dairy Free Ice Cream
Serving Size	1	1	1	1	1	1/2 cup
Servings Per Dish	2	2	2	2	2	1
Calories	240	430	180	460	270	210
Calories From Fat	105	300	100	90	140	130
Total Fat (g)	11	34	11	10	16	14
Sat Fat (g)	7	19	6	6	6	13
Trans Fat (g)	0	0	0	0	0	0
Cholesterol (mg)	105	165	50	50	50	0
Sodium (mg)	35	320	55	450	45	10
Total Carbohydrates (g)	31	26	18	74	30	18
Fiber (g)	2	0	0	5	1	2
Sugar (g)	23	25	14	50	25	12
Protein (g)	3	7	2	6	4	2
Vit A(%)	10	25	6	6	8	0
Vit C(%)	4	0	0	0	0	2
Calcium (%)	6	10	6	10	8	0
Iron (%)	3	4	0	20	6	4