



# Nutrition Notes

## from The Little Creamery

### *Blue Bell Products Suitable for Those Avoiding Gluten*

#### STANDARD ICE CREAM HALF GALLON FLAVORS

Banana Split	Mint Chocolate Chip	Pistachio Almond
Buttered Pecan	Moo-llennium Crunch	Strawberry
French Vanilla	Natural Vanilla Bean	Strawberries & Homemade Vanilla
Homemade Vanilla	Pecan Pralines 'n Cream	

#### ROTATING ICE CREAM HALF GALLON FLAVORS

Butter Crunch	Homemade in the Shade	Peppermint Bark
Century Sundae	Mocha Almond Fudge	Red, White & Blue Bell
Cherry Amaretto Cordial	Mocha Madness	Sea Salt Caramel
Chocolate Covered Cherries	Orange Swirl	Southern Hospitality
Coconut Fudge	Peaches & Homemade Vanilla	Spiced Pumpkin Pecan
Cotton Candy*	Peppermint	Tin Roof

#### LIGHT ICE CREAM HALF GALLON FLAVORS

Homemade Vanilla

#### YEAR-ROUND MARKET SPECIFIC ICE CREAM HALF GALLON FLAVORS

Banana Nut	Chocolate Chip	Rum Raisin
Black Walnut	Coffee	Tropical Paradise
Cherry Vanilla	Creole Cream Cheese	

#### ROTATING MARKET SPECIFIC ICE CREAM HALF GALLON FLAVORS

Black Cherry	Lemon	Pineapples & Homemade Vanilla
Happy Tracks	Mexican Praline	

#### NO SUGAR ADDED ICE CREAM HALF GALLON FLAVORS

Country Vanilla Lowfat	Dutch Chocolate Lowfat	Strawberries 'n Cream Lowfat
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#### FROZEN YOGURT ICE CREAM HALF GALLON FLAVORS

Country Vanilla Lowfat

#### SHERBET QUART FLAVORS

Lime	Orange	Rainbow
Mixed Berries	Pineapple	

#### Additional Notes:

\*Available in pints only

-Based on supplier's information, there is no known gluten in any of our stabilizers, emulsifiers and flavorings.

-Modified food starch (tapioca) does not contain gluten.

-Wheat flour used in bakery items (i.e. brownies, cookies, etc.) contains gluten.

An informational handout developed by Blue Bell Creameries Research & Development Department, February 2015. If you have any questions, please call (979) 836-7977