



Skinny Stats

SKINNY COW™ ICE CREAM BARS

	Caramel Truffle	Chocolate Truffle	Cookies 'n Cream Truffle	French Vanilla Truffle	White Mint Truffle	Fudge	Mini Fudge (Per Bar)	Mini Fudge (Per Serving)
Calories	100	100	110	100	100	100	100	100
Fat	2.5	2.5	2.5	2.5	2.5	1	2	2
Carbs	19	19	20	18	19	22	19	19
Protein	3	3	3	3	3	4	3	3
Fiber	3	3	3	3	3	4	<1	<1
PointsPlus**	3	3	3	3	3	3	3	3

SKINNY COW™ ICE CREAM SANDWICHES

	Chocolate	Chocolate Peanut Butter	Cookies 'n Cream	Mint	NSA Vanilla	Strawberry Shortcake	Vanilla
Calories	140	150	160	140	140	150	140
Fat	1.5	2	2	1.5	2	2	1.5
Carbs	30	30	32	30	29	30	30
Protein	4	4	4	4	4	4	4
Fiber	3	3	3	3	4	3	3
PointsPlus**	4	4	4	4	4	4	4

SKINNY COW™ LOW FAT ICE CREAM CUPS

	Caramel Cone	Chocolate Fudge Brownie	Cookies 'n Cream	Dulce De Leche	Strawberry Cheesecake
Calories	170	150	150	150	150
Fat	3	2	2	1	1
Carbs	33	29	29	32	33
Protein	4	5	5	4	4
Fiber	4	4	4	4	4
PointsPlus**	5	4	4	4	4

SKINNY COW™ ICE CREAM CONES

	Chocolate Fudge	Mint with Fudge	Vanilla Caramel
Calories	150	150	150
Fat	3	3	3
Carbs	29	29	29
Protein	4	4	4
Fiber	3	3	3
PointsPlus**	4	4	4

*The PointsPlus® value for this product was calculated by Nestlé Dreyer's Ice Cream Company and is provided for informational purposes only. This is not an endorsement, sponsorship or approval of this product or its manufacturer by Weight Watchers International, Inc., the owner of the Weight Watchers® and PointsPlus® trademarks.

