

Soft Serve Vs Hand-dipped



Did you know that Hardee's is going to offer a hand-dipped shake? Ever wonder what the difference is?

Calorie-wise—only 15 calories. The soft serve (average) calories is 700. Scooped is 715.

Fat-wise, soft serve is a much better choice! There are 7 grams of fat in a soft-serve shake, but 33 grams in a hand-dipped. Worse yet, the grams of SATURATED FAT = 23

for the hand-dipped! (5 in the soft-serve) Remember, saturated fat is bad news when it comes to heart health.



Why?

Soft-serve is generally made from whole milk (3.5-4% butterfat). In contrast to 12% butterfat for standard ice-cream.

Need more reasons?



The new Hardee's shake sells for \$2.89 Vs \$1.49 for soft-serve.

Courtesy: **Karen Massey, RD/LD**
Community Dietitian, Food & Nutrition Services

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