Chocolate Ice Cream

milk, cream, sugar, corn syrup, non fat dry milk, whey, cocoa processed with alkali, water, high fructose corn syrup, cocoa, salt, citric acid, potassium sorbate, mono and diglycerides, cellulose gum, polysorbate 80, carrageenan, locust bean gum, guar gum

Nutrition Facts

Serving Size 1/2 cup (74 g)
Servings Per Quart 8

Amount Per Serving

Calories 160 Calories from Fat 80

	% Daily Value*
Total Fat 9g	**14%**
Saturated Fat 5g	**25%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 80mg	**3%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 1g	**4%**
Sugars 15g	
Protein 3g	

Vitamin A 6%	?	Vitamin C 0%	
Calcium 8%	?	Iron 0%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 ? Carbohydrate 4 ? Protein 4