Coconut Ice Cream

milk, cream, sugar, corn syrup, non-fat dry milk, whey, sweetened coconut, FDA approved flavor, water alcohol, 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 170	Calories from Fat 90

	% Daily Value*
Total Fat 11g	**17%**
Saturated Fat 7g	**35%**
Trans Fat 0g	
Cholesterol 35mg	**12%**
Sodium 65mg	**3%**
Total Carbohydrate 18g	**6%**
Dietary Fiber 0g	**0%**
Sugars 14g	
Protein 2g	

Vitamin A 8%	?	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