

Cookies & Cream Ice Cream

milk, cream, sugar, corn syrup, non fat dry milk, whey, wheat flour, niacin, reduced iron, thiamine, mononitrate, riboflavin, folic acid, partially hydrogenated soybean oil, cocoa processed with alkali, high fructose corn syrup, baking soda, cornstarch, salt, soy lecithin, chocolate, vanillin, pure vanilla extract, 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 10g **15%**

Saturated Fat 6g **30%**

Trans Fat 0g

Cholesterol 35mg **12%**

Sodium 80mg **3%**

Total Carbohydrate 19g **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