

Dutch Apple Ice Cream

milk, cream, sugar, corn syrup, non fat dry milk, whey, apple fruit, cane sugar, pure flavor, water, spice, benzoate of soda, pure vanilla extract, FDA approved flavor, 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 160 Calories from Fat 70

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 50mg **2%**

Total Carbohydrate 19g **6%**

Dietary Fiber 0g **0%**

Sugars 15g

Protein 2g

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