# Extreme Chocolate Ice Cream

milk, cream, sugar, corn syrup, non fat dry milk, whey, coconut oil, cocoa processed with alkali, cocoa, butter oil, soya lecithin, natural flavor, water, high fructose corn syrup, 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** 170 | Calories from Fat 90 |

| | **% Daily Value*** |
|---|---|
| **Total Fat** 10g | **15%** |
| Saturated Fat 7g | **35%** |
| *Trans* Fat 0g | |
| **Cholesterol** 30mg | **10%** |
| **Sodium** 60mg | **3%** |
| **Total Carbohydrate** 20g | **7%** |
| Dietary Fiber 1g | **4%** |
| Sugars 15g | |
| **Protein** 3g | |

| | | | |
|---|---|---|---|
| Vitamin A 6% | ? | Vitamin C 0% | |
| Calcium 8% | ? | Iron 2% | |

*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