Rocky Road Ice Cream

milk, cream, sugar, corn syrup, non fat dry milk, whey, water, high fructose corn syrup, cocoa, salt, citric acid, potassium sorbate, peanut virginias blanched extra large, cocoa powder, modified corn starch, dextrose, gelatin, artificial color blue #1, natural and artificial flavor, tetrasodium pyrophosphate, 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 5g	**25%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 75mg	**3%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 1g	**4%**
Sugars 14g	
Protein 4g	

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