Swiss Chocolate Almond Ice Cream

milk, cream, sugar, corn syrup, non fat dry milk, whey, water, high fructose corn syrup, whole evaporated milk, cocoa, hydrogenated vegetable oil, cottonseed oil, soya lecithin, coconut oil, palm kernel oil, salt, sodium benzoate, citric acid, BHA, almonds, 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 190	Calories from Fat 90

	% Daily Value*
Total Fat 11g	**17%**
Saturated Fat 6g	**30%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 45mg	**2%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 1g	**4%**
Sugars 16g	
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