Toasted Almond Ice Cream

milk, cream, sugar, corn syrup, non fat dry milk, whey, almonds, FDA approved flavor, water, alcohol, caramel color, propylene glycol, sulfites, 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 180	Calories from Fat 100

	% Daily Value*
Total Fat 12g	**18%**
Saturated Fat 6g	**30%**
Trans Fat 0g	
Cholesterol 35mg	**12%**
Sodium 55mg	**2%**
Total Carbohydrate 17g	**6%**
Dietary Fiber 1g	**4%**
Sugars 13g	
Protein 3g	

Vitamin A 8%	?	Vitamin C 0%	
Calcium 10%	?	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