

HARD PACK ICE CREAM

Nutrition Facts

Serving Size 4 Fl.. Oz. (65 grams)

Servings Per Container 96

Amount per Serving

Calories 150 **Calories from Fat** 80

% Daily Value*

Total Fat	9 g	14%
Saturated Fat	6 g	30%
Trans Fats	0 g	
Cholesterol	40 mg	13%
Sodium	40 mg	2%
Total Carbohydrate	14 g	5%
Dietary fiber	0 g	0%
Sugars	14 g	
Protein	2 g	

Vitamin A 8% • **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 caloric 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

Nutritional Information Based on Plain Flavor

Ingredients: Cream and Nonfat Milk, Sugar, Corn Syrup, Mono and Diglycerides, Guar Gum and Carrageenan

(Actual serving size may be larger)