

# NUTRITION FACTS

## Ice Cream Sandwich

Serving Size 1 Sandwich

### Amount Per Servings

**Calories** 190

Calories from Fat 70

**Total Fat** 8g

Saturated Fat 4g

**Cholesterol** 25mg

**Sodium** 170mg

**Total Carbohydrate** 27g

Dietary Fiber 1g

Sugars 14g

**Protein** 3g

Vitamin A 4%

Vitamin C 0%

Calcium 6%

Iron 6%