

# NUTRITION FACTS

## 14% ICE CREAM MIX

Serving Size 100 GM

**Amount Per Servings**

**Calories** 214                      **Calories from Fat** 122

	% Daily Value*
<b>Total Fat</b> 14g	21%
Saturated Fat 8g	42%
Trans Fat 0g	0%
<b>Cholesterol</b> 51mg	17%
<b>Sodium</b> 65mg	3%
<b>Total Carbohydrate</b> 22g	7%
Dietary Fiber 0g	1%
Sugars 20g	0%
<b>Protein</b> 3g	Less than 1%

Vitamin A 12%                      Vitamin C 1%

Calcium 10%                      Iron 0%

\*Percent Daily Values are based on a 2000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300mg	375mg
Dietary Fiber		25g	30g
Protein		50g	70g

**Ingredients:**

Milk, Cream, Condensed Milk, Sugar, Corn Sweetener, Guar Gum, Locust bean Gum, Lecithin. No Preservatives