



Penn State University
BERKEY CREAMERY
BEVERAGES

Iced Tea
 1/2 Gallon

INGREDIENTS: water, sugar, dry tea mix, citric acid, caramel color, sodium citrate, malto-dextrin, natural lemon flavor, FD&C yellow #6, alpha tocopherol.

Nutrition Facts

Serving Size 1 cup (240g)
 Servings Per Container 8

Amount Per Serving		
Calories 80	Calories from Fat 0	
		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 5mg		0%
Total Carbohydrate 20g		7%
Dietary Fiber 0g		0%
Sugars 20g		
Protein 0g		
Vitamin A 0%	Vitamin C 0%	
Calcium 0%	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
Saturated Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300 mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
	Fat 9 • Carbohydrate 4 • Protein 4	