PENN STATE
CREAMERY

ICE CREAM

1/2 Gallon

Alumni Swirl

INGREDIENTS: milk, cream, sugar, water, nonfat dry milk, corn syrup solids, blueberry sauce [blueberries, high fructose corn syrup, corn syrup, sugar, modified food starch, natural flavor, citric acid, salt, sodium carboxymethylcellulose, sodium benzoate], swiss chips [sugar, corn syrup, chocolate liquor, partially hydrogenated soy bean oil, salt, cocoa, vanilla, lecithin], propylene glycol, mono esters, mono and diglycerides, guar gum, carrageenan, vanilla. Contains milk, soy

Nutrition Facts

Serving Size 1/2 cup (66g)
Servings Per Container 16

Amount Per Serving

Calories 170	Calories from Fat 80
	% Daily Value*
Total Fat 9g	**14%**
Saturated Fat 5g	**25%**
Trans Fat 0g	
Cholesterol 25mg	**8%**
Sodium 30mg	**1%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 0g	**0%**
Sugars 16g	
Protein 2g	

Vitamin A 6% • 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 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