PENN STATE CREAMERY

ICE CREAM

1/2 Gallon

Chocolate

INGREDIENTS: milk, cream, sugar, non-fat dry milk, corn syrup solids, cocoa processed with alkali, propylene glycol, mono esters, mono and diglycerides, cellulose gum, carrageenan, guar gum, vanilla.
Contains milk

Nutrition Facts

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

Amount Per Serving

Calories 140	Calories from Fat 90
	% Daily Value*
Total Fat 10g	**15%**
Saturated Fat 5g	**25%**
Trans Fat 0g	
Cholesterol 40mg	**13%**
Sodium 60mg	**3%**
Total Carbohydrate 16g	**5%**
Dietary Fiber 0g	**0%**
Sugars 9g	
Protein 3g	

Vitamin A 4% • Vitamin C 0%
Calcium 6% • Iron 4%

*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