PENN STATE
CREAMERY

ICE CREAM

1/2 Gallon

Cookies ~ N ~Cream

INGREDIENTS: milk, cream, sugar, non fat dry milk, corn syrup solids, Oreo cookie [sugar, enriched wheat flour (niacin, reduced iron, riboflvavin, folic acid), partially hydrogenated soy bean oil, cocoa processed with alkali, high fructose corn syrup, baking soda, corn starch, salt, soy lecithin, vanillin, artificial flavor, chocolate], propylene glycol, mono esters, mono and diglycerides, cellulose gum, carrageenan, guar gum, vanilla.
Contains milk, soy, wheat

Nutrition Facts

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

Amount Per Serving

Calories 160	Calories from Fat 80
	% Daily Value*
Total Fat 9g	**14%**
Saturated Fat 5g	**25%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 90mg	**4%**
Total Carbohydrate 18g	**6%**
Dietary Fiber 0g	**0%**
Sugars 13g	
Protein 3g	

Vitamin A 6% • Vitamin C 2%

Calcium 8% • Iron 2%

*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