PENN STATE CREAMERY

ICE CREAM

1/2 Gallon

Maple Nut

INGREDIENTS: milk, cream, sugar, nonfat dry milk, corn syrup solids, almonds [almonds, soybean and or peanut oil, salt], maple flavor [maple flavor, water, citric acid, potassium sorbate], propylene glycol, mono esters, mono and diglycerides, cellulose gum, guar gum, carrageenan, vanilla. Contains milk, almond, soy, peanut

Nutrition Facts

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

Amount Per Serving

Calories 180	Calories from Fat 110
	% Daily Value*
Total Fat 12g	**18%**
Saturated Fat 5g	**25%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 35mg	**1%**
Total Carbohydrate 14g	**5%**
Dietary Fiber 1g	**4%**
Sugars 11g	
Protein 3g	

Vitamin A 6% • Vitamin C 2%

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