PENN STATE CREAMERY

ICE CREAM

1/2 Gallon

Pistachio

INGREDIENTS: milk, cream, sugar, nonfat dry milk, corn syrup solids, pistachio's [roasted pistachio's, peanut oil, salt], propylene glycol, mono esters, mono and diglycerides, cellulose gum, guar gum, carrageenan, vanilla, salt. Contains milk, pistachio, peanut.

Nutrition Facts

Serving Size 1/2 cup (67g)
Servings Per Container 16

Amount Per Serving

Calories 160	Calories from Fat 80
	% Daily Value*
Total Fat 9g	**14%**
Saturated Fat 6g	**30%**
Trans Fat --g	
Cholesterol 40mg	**13%**
Sodium 50mg	**2%**
Total Carbohydrate 15g	**5%**
Dietary Fiber 0g	**0%**
Sugars 15g	
Protein 3g	

Vitamin A 8% • Vitamin C 0%

Calcium 10% • 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