PENN STATE CREAMERY

ICE CREAM

1/2 Gallon

Rum Raisin

INGREDIENTS: milk, cream, sugar, rum raisin base [raisins, sugar, water, high fructose corn syrup, citric acid, carrageenan, sodium benzoate], nonfat dry milk, corn syrup solids, propylene glycol, mono esters, mono and diglycerides, cellulose gum, guar gum, carrageenan, vanilla. Contains milk

Nutrition Facts

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

Amount Per Serving

Calories 150	Calories from Fat 70
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 4.5g	**23%**
Trans Fat 0g	
Cholesterol 25mg	**8%**
Sodium 35mg	**1%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 0g	**0%**
Sugars 12g	
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