PENN STATE CREAMERY

ICE CREAM

1/2 Gallon

Toasted Almond

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

Nutrition Facts

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

Amount Per Serving

Calories 210 Calories from Fat 130

	% Daily Value*
Total Fat 14g	**22**%
Saturated Fat 6g	**30**%
Trans Fat --g	
Cholesterol 35mg	**12**%
Sodium 105mg	**4**%
Total Carbohydrate 17g	**6**%
Dietary Fiber 1g	**4**%
Sugars 15g	
Protein 4g	

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