Penn State Univeristy
BERKEY CREAMERY

SOFT SERVE

Vanilla

Shake Mix (2.5 Gallons)

INGREDIENTS: milk, cream, sugar, nonfat dry milk, mono and diglycerides, guar gum, carrageenan, polysorbate 80, vanilla. Contains milk

Nutrition Facts

Serving Size (313g)
Servings Per Container 60

Amount Per Serving

Calories 410	Calories from Fat 100
	% Daily Value*
Total Fat 11g	**17%**
Saturated Fat 6g	**30%**
Trans Fat 0g	
Cholesterol 35mg	**12%**
Sodium 210mg	**9%**
Total Carbohydrate 64g	**21%**
Dietary Fiber 1g	**4%**
Sugars 62g	
Protein 15g	

Vitamin A 8% • Vitamin C 6%

Calcium 50% • 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