



Penn State University
BERKEY CREAMERY



SHERBET

Watermelon

INGREDIENTS: water, milk, corn syrup solids, sugar, cream, nonfat dry milk, watermelon flavor, propylene glycol, water, alcohol, locust bean gum, dextrose, mono and diglycerides, guar gum, polysorbate 80, pectin, red 40. Contains milk

Nutrition Facts

Serving Size 1/2 cup (86g)
Servings Per Container 8

Amount Per Serving

Calories 130 **Calories from Fat 10**

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 20mg **1%**

Total Carbohydrate 29g **10%**

Dietary Fiber 0g **0%**

Sugars 14g

Protein 1g

Vitamin A 2% • Vitamin C 0%

Calcium 4% • 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