

# REDUCED FAT NO SUGAR ADDED PLAIN ICE CREAM MIX

<b>Nutrition Facts</b>			
<b>Serving Size</b>	100 grams		
<b>Servings Per Container</b>	1		
<b>Amount per Serving</b>			
<b>Calories</b>	140	<b>Calories from Fat</b>	45
		<b>% Daily Value*</b>	
<b>Total Fat</b>	5 g		8%
<b>Saturated fat</b>	3 g		15%
<b>Cholesterol</b>	20 mg		7%
<b>Sodium</b>	100 mg		4%
<b>Total Carbohydrate</b>	19 g		6%
<b>Dietary fiber</b>	0 g		0%
<b>Sugars</b>	7 g		
<b>Protein</b>	4 g		
<b>Vitamin A</b>	<b>4%</b>	•	<b>Vitamin C</b> <b>0%</b>
<b>Calcium</b>	<b>12%</b>	•	<b>Iron</b> <b>0%</b>
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

MIKFAT AND NONFAT MILK SOLIDS, BUTTERMILK POWDER, MALTODEXTRIN, SORBITOL, POLYDEXTROSE, MONO AND DIGLYCERIDES, CELLULOSE GUM, GUAR GUM, POLYSORBATE 80, CARRAGEENAN AND ASPARTAME

**PHENYLKETONURICS: CONTAINS PHENYLALANINE**