

# Cookies & Cream Ice Cream

## Nutrition Facts

3 servings per container

**Serving size**

**2/3cup (151g)**

<b>Calories</b>	<b>Per Serving</b>	<b>Per Container</b>
	<b>300</b>	<b>890</b>
	<b>% Daily Value*</b>	<b>% Daily Value*</b>
<b>Total Fat</b>	15g <b>19%</b>	46g <b>59%</b>
Saturated Fat	10g <b>50%</b>	30g <b>150%</b>
Trans Fat	0g	1.5g
<b>Cholesterol</b>	45mg <b>15%</b>	130mg <b>43%</b>
<b>Sodium</b>	210mg <b>9%</b>	630mg <b>27%</b>
<b>Total Carb.</b>	38g <b>14%</b>	113g <b>41%</b>
Dietary Fiber	0g <b>0%</b>	1g <b>4%</b>
Total Sugars	35g	106g
Incl. Added Sugars	31g <b>62%</b>	93g <b>186%</b>
<b>Protein</b>	3g	10g
Vitamin D	1.3mcg 6%	3.9mcg 20%
Calcium	100mg 8%	300mg 25%
Iron	0.3mg 2%	0.9mg 4%
Potassium	130mg 2%	400mg 8%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.