

# Arkansas Mud 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>340</b>		<b>1020</b>	
	<b>% Daily Value*</b>		<b>% Daily Value*</b>	
<b>Total Fat</b>	14g	<b>18%</b>	43g	<b>55%</b>
Saturated Fat	8g	<b>40%</b>	25g	<b>125%</b>
<i>Trans Fat</i>	0g		1.5g	
<b>Cholesterol</b>	45mg	<b>15%</b>	135mg	<b>45%</b>
<b>Sodium</b>	135mg	<b>6%</b>	410mg	<b>18%</b>
<b>Total Carb.</b>	54g	<b>20%</b>	162g	<b>59%</b>
Dietary Fiber	3g	<b>11%</b>	9g	<b>32%</b>
Total Sugars	49g		147g	
Incl. Added Sugars	45g	<b>90%</b>	134g	<b>268%</b>
<b>Protein</b>	4g		12g	
Vitamin D	1.3mcg	6%	3.9mcg	20%
Calcium	100mg	8%	300mg	25%
Iron	0.7mg	4%	2.1mg	10%
Potassium	130mg	2%	390mg	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.