

# Fresh Mint Chip 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>910</b>	
	<b>% Daily Value*</b>		<b>% Daily Value*</b>	
<b>Total Fat</b>	16g	<b>21%</b>	47g	<b>60%</b>
Saturated Fat	9g	<b>45%</b>	28g	<b>140%</b>
<i>Trans Fat</i>	0g		1g	
<b>Cholesterol</b>	35mg	<b>12%</b>	110mg	<b>37%</b>
<b>Sodium</b>	120mg	<b>5%</b>	360mg	<b>16%</b>
<b>Total Carb.</b>	39g	<b>14%</b>	118g	<b>43%</b>
Dietary Fiber	2g	<b>7%</b>	6g	<b>21%</b>
Total Sugars	36g		109g	
Incl. Added Sugars	32g	<b>64%</b>	95g	<b>190%</b>
<b>Protein</b>	4g		12g	
Vitamin D	1.3mcg	6%	3.9mcg	20%
Calcium	130mg	10%	380mg	30%
Iron	0.9mg	6%	2.8mg	15%
Potassium	190mg	4%	560mg	10%

\* 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.