

# Milk Chocolate 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>250</b>            |            | <b>740</b>            |             |
|                    | <b>% Daily Value*</b> |            | <b>% Daily Value*</b> |             |
| <b>Total Fat</b>   | 12g                   | <b>15%</b> | 37g                   | <b>47%</b>  |
| Saturated Fat      | 7g                    | <b>35%</b> | 22g                   | <b>110%</b> |
| Trans Fat          | 0g                    |            | 1g                    |             |
| <b>Cholesterol</b> | 35mg                  | <b>12%</b> | 110mg                 | <b>37%</b>  |
| <b>Sodium</b>      | 115mg                 | <b>5%</b>  | 340mg                 | <b>15%</b>  |
| <b>Total Carb.</b> | 35g                   | <b>13%</b> | 104g                  | <b>38%</b>  |
| Dietary Fiber      | 3g                    | <b>11%</b> | 8g                    | <b>29%</b>  |
| Total Sugars       | 31g                   |            | 92g                   |             |
| Incl. Added Sugars | 27g                   | <b>54%</b> | 80g                   | <b>160%</b> |
| <b>Protein</b>     | 4g                    |            | 11g                   |             |
| Vitamin D          | 1.3mcg                | 6%         | 3.9mcg                | 20%         |
| Calcium            | 90mg                  | 8%         | 280mg                 | 20%         |
| Iron               | 0.5mg                 | 2%         | 1.6mg                 | 8%          |
| Potassium          | 120mg                 | 2%         | 350mg                 | 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.