

BLACK RASPBERRY Ice Cream

Ingredients - Milk, cream, sugar, corn syrup, raspberries, skim milk, water, natural flavors, gelatin, citric acid, FD&C colors red #40, blue #1 & #2.

Nutrition Facts	
Serving Size 1/2 cup (74 g)	
Servings Per Container 16	
Amount Per Serving	
Calories 160	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 5g	25%
<i>Trans</i> Fat 0g	
Cholesterol 35mg	12%
Sodium 40mg	2%
Total Carbohydrate 18g	6%
Dietary Fiber 0g	0%
Sugars 15g	
Protein 2g	
Vitamin A 6%	• Vitamin C 0%
Calcium 8%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie 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	