

COCONUT ALMOND BAR Ice Cream - COCONUT FLAVORED ICE CREAM WITH SHAVED COCONUT PIECES, ALMONDS & CHOCOLATE CHEWY CHIP SWIRL

Ingredients - Milk, cream, sugar, corn syrup, coconut puree (coconut, water, sugar), almonds, skim milk, cocoa, coconut oil, gelatin and soy lecithin.

Nutrition Facts			
Serving Size 1/2 cup (74 g)			
Servings Per Container 16			
Amount Per Serving			
Calories 200		Calories from Fat 100	
% Daily Value*			
Total Fat 12g			18%
Saturated Fat 6g			30%
Trans Fat 0g			
Cholesterol 30mg			10%
Sodium 85mg			4%
Total Carbohydrate 21g			7%
Dietary Fiber 0g			0%
Sugars 16g			
Protein 3g			
Vitamin A 6%	?	Vitamin C 0%	
Calcium 8%	?	Iron 2%	
*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			