

COWABUNGA CRUNCH Ice Cream - CARAMEL SWIRL, CHOCOLATE CHIPS, COOKIE PIECES, TOFFEE & PECANS

Ingredients - Milk, cream, sugar, corn syrup, skim milk, pecans, almonds, wheat flour, soybean and/or cottonseed oil, eggs, salt, buttermilk, butter, cocoa, gelatin, vanilla, coconut oil, brown sugar and soy lecithin.

| Nutrition Facts | |
|--|---------------------------|
| Serving Size 1/2 cup (74 g) | |
| Servings Per Container 8 | |
| Amount Per Serving | |
| Calories 200 | Calories from Fat 100 |
| % Daily Value* | |
| Total Fat 11g | 17% |
| Saturated Fat 6g | 30% |
| <i>Trans</i> Fat 0g | |
| Cholesterol 35mg | 12% |
| Sodium 90mg | 4% |
| Total Carbohydrate 22g | 7% |
| Dietary Fiber 0g | 0% |
| Sugars 17g | |
| Protein 3g | |
| 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 | |