FROZEN PUDDING Ice Cream - RUM FLAVORED ICE CREAM WITH PEACHES, CHERRIES, RAISINS & APRICOTS

Ingredients - Milk, cream, sugar, corn syrup, skim milk, pineapple, water, raisins, peaches, maraschino cherries, apples, gelatin, artificial flavor, FD&C yellow #5 & #6. red #40, and blue #2, soy lecithin.

Nutrition Facts

Serving Size 1/2 cup (74 g)
Servings Per Container 16

Amount Per Serving

Calories 160	Calories from Fat 70
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 5g	**25%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 35mg	**1%**
Total Carbohydrate 19g	**6%**
Dietary Fiber 0g	**0%**
Sugars 15g	
Protein 2g	

Vitamin A 6%	?	Vitamin C 2%	
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