

WALNUT FUDGE Ice Cream - WALNUTS IN FUDGE FLAVORED ICE CREAM

Ingredients - Milk, cream, sugar, corn syrup, skim milk, walnuts, water, cocoa, chocolate liquor, gelatin and butter.

Nutrition Facts			
Serving Size 1/2 cup (74 g)			
Servings Per Container 16			
Amount Per Serving			
Calories 180	Calories from Fat 100		
% Daily Value*			
Total Fat 11g	17%		
Saturated Fat 6g	30%		
<i>Trans</i> Fat 0g			
Cholesterol 30mg	10%		
Sodium 45mg	2%		
Total Carbohydrate 19g	6%		
Dietary Fiber 1g	4%		
Sugars 14g			
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			