



Low Fat Cookies N' Cream Ice Cream Bar

Nutrition Facts			
Serving Size 1 Bar (40g)			
Servings Per Container 1			
Amount Per Serving			
Calories 100	Calories from Fat 15		
% Daily Value*			
Total Fat 1.5g	2%		
Saturated Fat 1g	5%		
<i>Trans</i> Fat 0g			
Cholesterol 5mg	2%		
Sodium 70mg	3%		
Total Carbohydrate 19g	6%		
Dietary Fiber 0g			
Sugars 13g			
Protein 2g			
Vitamin A 4%	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 caloric 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	2,400m
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

ICE CREAM INGREDIENTS: SKIM MILK, SUGAR, CREAM, CORN SYRUP, NONFAT DRY MILK, HIGH FRUCTOSE CORN SYRUP, WHEY, STABILIZED AND EMULSIFIED BY MONO AND DIGLYCERIDES, GUAR GUM, CELLULOSE GUM AND CARRAGEENAN, ARTIFICIAL FLAVOR, VEGETABLE ANNATTO COLOR, VITAMIN A PALMITATE.

COOKIE INGREDIENTS: SUGAR, WHEAT FLOUR, VEGETABLE SHORTENING (PARTIALLY HYDROGENATED OILS: SOYBEAN, COTTONSEED), ALKALIZED COCOA, HIGH FRUCTOSE CORN SYRUP, CORN SUGAR, CORN STARCH, BAKING SODA, CORN FLOUR, SALT, CARAMEL COLOR, WHEY, AMMONIUM BICARBONATE, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR.