



Cookies & Cream Ice Cream Sandwich (Round)

Nutrition Facts			
Serving Size 1 Sandwich (85g)			
Servings Per Container 1			
Amount Per Serving			
Calories 240	Calories from Fat 90		
% Daily Value*			
Total Fat 10g	15%		
Saturated Fat 4g	2%		
<i>Trans</i> Fat 0g			
Cholesterol 20mg	7%		
Sodium 325mg	13%		
Total Carbohydrate 35g	12%		
Dietary Fiber 1g	4%		
Sugars 23g			
Protein 4g			
Vitamin A 4%	Vitamin C 0%		
Calcium 6%	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: MILK AND NONFAT MILK, CORN SYRUP, SUGAR, HIGH FRUCTOSE CORN SYRUP, WHEY, STABILIZED AND EMULSIFIED BY MONO AND DIGLYCERIDES, GUAR GUM, CELLULOSE GUM AND CARRAGEENAN, ARTIFICIAL FLAVOR AND VEGETABLE ANNATTO COLOR.

COOKIE AND WAFER INGREDIENTS: BLEACHED WHEAT FLOUR, SUGAR, PARTIALLY HYDROGENATED SOYBEAN OIL, ALKALIZED COCOA, HIGH FRUCTOSE CORN SYRUP, CORN FLOUR, SALT, CARAMEL COLOR, WHEY, BAKING SODA, SOY LECITHIN.

CONTAINS: MILK, WHEAT, SOY