



Inside Out Ice Cream Sandwich

Nutrition Facts	
Serving Size 1 Sandwich (71g)	
Servings Per Container 1	
Amount Per Serving	
Calories 190	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 4.5g	23%
<i>Trans</i> Fat 0g	
Cholesterol 20mg	7%
Sodium 130mg	5%
Total Carbohydrate 30g	10%
Dietary Fiber 1g	4%
Sugars 16g	
Protein 3g	
Vitamin A 4%	• Vitamin C 0%
Calcium 6%	• Iron 4%
* 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, CREAM, SUGAR, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, SKIM MILK, SOLIDS, COCOA POWDER, WHEY, STABILIZER (MONO AND DIGLYCERIDES, GUAR GUM, CELLULOSE GUM AND CARRAGEENAN).

WAFER INGREDIENTS: BLEACHED WHEAT FLOUR, SUGAR, PALM OIL, HIGH FRUCTOSE CORN SYRUP, MODIFIED CORN STARCH, SALT, BAKING SODA, VANILLA, SOY LECITHIN.

CONTAINS: MILK, WHEAT, SOY