



Frosted Cookies N' Cream Shake

Nutrition Facts			
Serving Size 10oz. (158g)			
Servings Per Container 1			
Amount Per Serving			
Calories 280	Calories from Fat 80		
% Daily Value*			
Total Fat 8g	12%		
Saturated Fat 5g	25%		
<i>Trans</i> Fat 1g			
Cholesterol 24mg	8%		
Sodium 190mg	8%		
Total Carbohydrate 44g	15%		
Dietary Fiber 0g			
Sugars 34g			
Protein 8g			
Vitamin A 5%	• Vitamin C 0%		
Calcium 25%	• 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

INGREDIENTS: MILKFAT AND NONFAT MILK, CORN SYRUP, SUGAR, COOKIES (SUGAR, ENRICHED FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, AND RIBOFLAVIN], VEGETABLE SHORTENING [CONTAINS ONE OR MORE OF THE FOLLOWING PARTIALLY HYDROGENATED OILS: SOYBEAN, COTTONSEED], DEXTROSE, CARAMEL COLOR, HIGH FRUCTOSE CORN SYRUP, COCOA [PROCESSED WITH ALKALI], CORNSTARCH, CORN FLOUR, WHEY, SODIUM BICARBONATE, AMMONIUM BICARBONATE, SALT, ARTIFICIAL FLAVOR, RED #40, BLUE #1, SOY LECITHIN), HIGH FRUCTOSE CORN SYRUP, WHEY, STABILIZED AND EMULSIFIED BY MONO AND DIGLYCERIDES, GUAR GUM, CELLULOSE GUM AND CARRAGEENAN, ARTIFICIAL FLAVOR AND VEGETABLE ANNATTO COLOR.