



Cookies & Cream Ice Cream Sandwich

Nutrition Facts			
Serving Size 1 Sandwich (71g)			
Servings Per Container 6			
Amount Per Serving			
Calories 190	Calories from Fat 60		
% Daily Value*			
Total Fat 6g	9%		
Saturated Fat 3.5g	18%		
<i>Trans</i> Fat 0g			
Cholesterol 20mg	7%		
Sodium 150mg	6%		
Total Carbohydrate 31g	10%		
Dietary Fiber 1g	4%		
Sugars 16g			
Protein 3g			
Vitamin A 4%	Vitamin C 0%		
Calcium 8%	Iron 2%		
* 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: MILKFAT AND NONFAT MILK, SUGAR, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, WHEY, STABILIZED AND EMULSIFIED BY MONO AND DIGLYCERIDES, GUAR GUM, CELLULOSE GUM AND CARRAGEENAN, NATURAL AND ARTIFICIAL FLAVOR AND VEGETABLE ANNATTO COLOR.

COOKIE AND WAFER INGREDIENTS: BLEACHED WHEAT FLOUR, SUGAR, CARAMEL COLOR, CORN SUGAR, PALM OIL, CORN FLOUR, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, BAKING SODA, MONOCALCIUM PHOSPHATE, MODIFIED CORNSTARCH, MONO AND DIGLYCERIDES, SOY LECITHIN, ALKALIZED COCOA, SALT, RED #40, BLUE #1.

CONTAINS: MILK, WHEAT, SOY