



Double Vanilla 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 135mg	6%		
Total Carbohydrate 30g	10%		
Dietary Fiber 1g	4%		
Sugars 16g			
Protein 3g			
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, CREAM, SUGAR, NONFAT MILK SOLIDS, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, WHEY, STABILIZED AND EMULSIFIED BY MONO AND DIGLYCERIDES, GUAR GUM, CELLULOSE GUM AND CARRAGEENAN, ARTIFICIAL FLAVOR AND VEGETABLE ANNATTO COLOR.

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