

Bassetts Ice Cream Company

Nutritional and Ingredient Data



BANANA

NUTRITION FACTS

Serving Size ½ cup (77g)

Amount Per Serving
Calories 200 Calories from Fat 100

		% Daily Value*
Total Fat	11g	18%
Saturated Fat	7g	36%
Trans Fat	0.5g	
Cholesterol	45mg	15%
Sodium	60mg	3%
Potassium	150mg	4%
Total Carbohydrates	22g	7%
Dietary Fiber	0g	0%
Sugars	17g	
Protein	3g	

Vitamin A	8%	•	Vitamin C	2%
Calcium	10%	•	Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie 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	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS

Cream, Milk, Sugar, Banana Flavor (Corn Syrup, High Fructose Corn Syrup, Water, Sugar, Dehydrated Banana, Natural Flavor, Citric Acid, Caramel Color), Corn Syrup, Nonfat Milk, Guar Gum, Xanthan Gum, Carrageenan, Soy Lecithin

Allergen Alert: Contains Milk and Soy

Manufactured on equipment that is used to process other allergens.