

# Bassetts Ice Cream Company

## Nutritional and Ingredient Data



### CHOCOLATE YOGURT

#### NUTRITION FACTS

Serving Size ½ cup (67g)

Amount Per Serving

**Calories** 100                      Calories from Fat 20

		% Daily Value*
<b>Total Fat</b>	2g	3%
Saturated Fat	1.5g	7%
Trans Fat	0g	
<b>Cholesterol</b>	10mg	3%
<b>Sodium</b>	75mg	3%
<b>Potassium</b>	160mg	5%
<b>Total Carbohydrates</b>	17g	6%
Dietary Fiber	0g	0%
Sugars	12g	
<b>Protein</b>	3g	

Vitamin A 2%                      •                      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

Milk, Sugar, Chocolate Flavoring (Corn Syrup, Water, High Fructose Corn Syrup, Cocoa Processed with Alkali, Caramel Color, Salt, Artificial Flavor), Corn Syrup, Nonfat Milk, Cream, Whey, Mono and Diglycerides, Cellulose Gum, Guar Gum, Polysorbate 80, Carrageenan. Contains live yogurt cultures.

**Allergen Alert: Contains Milk**

Manufactured on equipment that is used to process other allergens.