

# Bassetts Ice Cream Company

## Nutritional and Ingredient Data



### DOUBLE CHOCOLATE

#### NUTRITION FACTS

Serving Size ½ cup (77g)

Amount Per Serving

**Calories** 190                      Calories from Fat 100

		<b>% Daily Value*</b>
<b>Total Fat</b>	11g	18%
Saturated Fat	7g	36%
Trans Fat	0.5g	
<b>Cholesterol</b>	40mg	14%
<b>Sodium</b>	60mg	2%
<b>Potassium</b>	140mg	4%
<b>Total Carbohydrates</b>	21g	7%
Dietary Fiber	1g	5%
Sugars	14g	
<b>Protein</b>	3g	

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

\*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, Chocolate Flavor (Corn Syrup, Water, High Fructose Corn Syrup, Cocoa Processed with Alkali, Caramel Color, Salt, Citric Acid, Artificial Flavor), Corn Syrup, Cocoa Processed with Alkali, 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.