

Bassetts Ice Cream Company

Nutritional and Ingredient Data



GADZOOKS!

NUTRITION FACTS

Serving Size ½ cup (77g)

Amount Per Serving
Calories 220 **Calories from Fat** 110

		% Daily Value*
Total Fat	12g	19%
Saturated Fat	8g	39%
Trans Fat	0g	
Cholesterol	40mg	13%
Sodium	85mg	4%
Potassium	110mg	3%
Total Carbohydrates	25g	8%
Dietary Fiber	1g	5%
Sugars	19g	
Protein	4g	

Vitamin A	8%	•	Vitamin C	0%
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, Caramel Variagate (High Fructose Corn Syrup, Buttermilk, Sugar, Milk, Butter, Modified Corn Starch, Natural and Artificial Flavors, Mono and Diglycerides, Salt, Sodium Citrate), Corn Syrup, Peanut Butter Brownies (Peanut Butter [Roaster Peanuts, Sugar, Molasses, Partially Hydrogenated Soybean Oil, Hydrogenated Rapeseed and Soybean Oils, Mono and Diglycerides, Salt], Peanut Butter Wafers [Sugar, Partially Hydrogenated Palm Kernel Oil, Partially Defatted Peanut Flour, Reduced Mineral Whey, Soy Lecithin, Salt], Milk Chocolate Wafers [Sugar, Partially Hydrogenated Palm Kernel Oil, Cocoa, Nonfat Milk, Reduced Mineral Whey, Soy Lecithin, Salt, Artificial Flavor], Semi Sweet Chocolate Drops [Sugar, Chocolate Liquor, Cocoa Butter, Dextrose, Soy Lecithin, Vanillin], Baking Powder [Cornstarch, Bicarbonate of Soda], Artificial Flavors, Caramel Color, Margarine [Partially Hydrogenated and Fully Refined Soybean Oil, Water, Salt, Mono and Diglycerides, Soy Lecithin, Beta Carotene], Reduced Fat Milk [Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3], Flour [Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid], Eggs, Sugar), Cocoa Processed with Alkali, Chocolate Bits (Sugar, Coconut Oil, Cocoa Processed with Alkali, Cocoa, Milkfat, Soy Lecithin, Natural Flavors), Nonfat Milk, Guar Gum, Xanthan Gum, Carrageenan, Soy Lecithin.

Allergen Alert: Contains Milk, Soy, Eggs, Peanuts and Wheat. Manufactured on equipment that is used to process other allergens.