

Bassetts Ice Cream Company

Nutritional and Ingredient Data



MINT CHOCOLATE CHIP

NUTRITION FACTS

Serving Size ½ cup (77g)

Amount Per Serving

Calories 210

Calories from Fat 120

		% Daily Value*
Total Fat	13g	20%
Saturated Fat	8g	41%
Trans Fat	0.5g	
Cholesterol	45mg	16%
Sodium	45mg	2%
Potassium	140mg	4%
Total Carbohydrates	21g	7%
Dietary Fiber	0g	0%
Sugars	16g	
Protein	3g	

Vitamin A 8%

•

Vitamin C 2%

Calcium 10%

•

Iron 6%

*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, Corn Syrup, Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin, Vanilla), Nonfat Milk, Green Coloring (F. D. & C. Yellow No. 5, F. D. & C. Green No. 3), Guar Gum, Xanthan Gum, Carrageenan, Soy Lecithin, Oil of Peppermint

Allergen Alert: Contains Milk and Soy

Manufactured on equipment that is used to process other allergens.