

Bassetts Ice Cream Company

Nutritional and Ingredient Data



PEANUT BUTTER SWIRL

NUTRITION FACTS

Serving Size ½ cup (77g)

Amount Per Serving

Calories 240

Calories from Fat 140

		% Daily Value*
Total Fat	16g	24%
Saturated Fat	7g	35%
Trans Fat	0.5g	
Cholesterol	45mg	15%
Sodium	100mg	4%
Potassium	135mg	4%
Total Carbohydrates	19g	6%
Dietary Fiber	less than 1g	3%
Sugars	14g	
Protein	4g	

Vitamin A 8%

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Vitamin C 2%

Calcium 10%

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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

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Carbohydrate 4

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Protein 4

INGREDIENTS

Cream, Milk, Sugar, Peanut Butter (Peanuts, Peanut Oil, Sugar, Salt), Corn Syrup, Nonfat Milk, Vanilla, Guar Gum, Xanthan Gum, Carrageenan, Soy Lecithin, Vanilla Bean

Allergen Alert: Contains Milk, Soy and Peanuts

Manufactured on equipment that is used to process other allergens.