

# Bassetts Ice Cream Company

## Nutritional and Ingredient Data



### PISTACHIO

#### NUTRITION FACTS

Serving Size ½ cup (77g)

Amount Per Serving

**Calories** 220                      Calories from Fat 130

		<b>% Daily Value*</b>
<b>Total Fat</b>	14g	22%
Saturated Fat	8g	39%
Trans Fat	0.5g	
<b>Cholesterol</b>	45mg	16%
<b>Sodium</b>	45mg	2%
<b>Potassium</b>	140mg	4%
<b>Total Carbohydrates</b>	19g	6%
Dietary Fiber	0g	0%
Sugars	13g	
<b>Protein</b>	4g	

Vitamin A	8%	•	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

Cream, Milk, Sugar, Corn Syrup, Pistachios (Pistachios, Peanut Oil, Salt), Nonfat Milk, F. D. & C. Yellow No. 5, F. D. & C. Green No. 3, Guar Gum, Xanthan Gum, Carrageenan, Soy Lecithin

**Allergen Alert: Contains Milk, Soy and Pistachios**

Manufactured on equipment that is used to process other allergens.