

Bassetts Ice Cream Company

Nutritional and Ingredient Data



PRALINES 'N CREAM

NUTRITION FACTS

Serving Size ½ cup (77g)

Amount Per Serving

Calories 210

Calories from Fat 110

		% Daily Value*
Total Fat	12g	18%
Saturated Fat	7g	35%
Trans Fat	0.5g	
Cholesterol	45mg	14%
Sodium	115mg	5%
Potassium	140mg	4%
Total Carbohydrates	23g	8%
Dietary Fiber	0g	0%
Sugars	18g	
Protein	3g	

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, Caramel Variagate (Corn Syrup, Sugar, Water, High Fructose Corn Syrup, Nonfat Milk, Butter, Salt, Carrageenan, Soy Lecithin, Vanilla, Natural Flavor), Corn Syrup, Praline Pecans (Sugar, Pecans, Butter, Corn Syrup, Salt, Natural Flavor), Nonfat Milk, Guar Gum, Xanthan Gum, Carrageenan, Soy Lecithin

Allergen Alert: Contains Milk, Soy and Pecans

Manufactured on equipment that is used to process other allergens.