

Bassetts Ice Cream Company

Nutritional and Ingredient Data



PUMPKIN

NUTRITION FACTS

Serving Size ½ cup (77g)

Amount Per Serving

Calories 200

Calories from Fat 100

		% Daily Value*
Total Fat	11g	17%
Saturated Fat	7g	34%
Trans Fat	0.5g	
Cholesterol	45mg	14%
Sodium	65mg	3%
Potassium	150mg	4%
Total Carbohydrates	22g	7%
Dietary Fiber	0g	0%
Sugars	18g	
Protein	3g	

Vitamin A 30%

•

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, Pumpkin Flavoring (Pumpkin, Sugar, Cinnamon, Salt, Ginger, Nutmeg, Cloves, Natural Flavor), Corn Syrup, Nonfat Milk, Guar Gum, Xanthan Gum, Carrageenan, Soy Lecithin

Allergen Alert: Contains Milk and Soy

Manufactured on equipment that is used to process other allergens.