

# Bassetts Ice Cream Company

## Nutritional and Ingredient Data



### RUM RAISIN

#### NUTRITION FACTS

Serving Size ½ cup (77g)

Amount Per Serving

**Calories** 200                      Calories from Fat 100

		<b>% Daily Value*</b>
<b>Total Fat</b>	11g	17%
Saturated Fat	7g	36%
Trans Fat	0.5g	
<b>Cholesterol</b>	45mg	15%
<b>Sodium</b>	55mg	2%
<b>Potassium</b>	160mg	5%
<b>Total Carbohydrates</b>	22g	7%
Dietary Fiber	0g	0%
Sugars	17g	
<b>Protein</b>	3g	

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, Rum Raisin Base (Raisins, Water, Sugar, Corn Syrup, Rum), Corn Syrup, Nonfat Milk, Natural and Artificial Flavors, Guar Gum, Xanthan Gum, Carrageenan, Soy Lecithin

**Allergen Alert: Contains Milk and Soy**

Manufactured on equipment that is used to process other allergens.