

Bassetts Ice Cream Company

Nutritional and Ingredient Data



GUATEMALAN RIPPLE

NUTRITION FACTS

Serving Size ½ cup (77g)

Amount Per Serving
Calories 220 **Calories from Fat** 110

		% Daily Value*
Total Fat	13g	19%
Saturated Fat	8g	40%
Trans Fat	1g	
Cholesterol	40mg	14%
Sodium	45mg	2%
Potassium	140mg	4%
Total Carbohydrates	23g	8%
Dietary Fiber	0g	0%
Sugars	17g	
Protein	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, Mocha Variegate (Corn Syrup, Water, Sugar, High Fructose Corn Syrup, Cocoa, Partially Hydrogenated Soybean Oil, Dried Coffee, Modified Corn Starch, Chocolate Liquor, Mono and Diglycerides, Salt, Soy Lecithin, Natural Flavor, Vanilla, Citric Acid), Corn Syrup, Candy Coffee Cups (Sugar, Coconut Oil, Partially Hydrogenated Soybean Oil, Whole Milk, Cocoa Processed with Alkali, Nonfat Milk, Chocolate Processed with Alkali, Coffee, Cocoa, Soy Lecithin, Natural Flavors, Salt, Vanillin), Nonfat Milk, Natural Flavor (Natural Coffee flavor with other Natural Flavors), Guar Gum, Xanthan Gum, Carrageenan, Soy Lecithin.

Allergen Alert: Contains Milk, Soy, and Coconut.

Manufactured on equipment that is used to process other allergens.