

# Bassetts Ice Cream

## Nutritional and Ingredient Data



### MACADAMIA NUT

#### NUTRITION FACTS

Serving Size ½ cup (77g)

Amount Per Serving

**Calories** 220                      Calories from Fat 140

		<b>% Daily Value*</b>
<b>Total Fat</b>	15g	24%
Saturated Fat	8g	40%
Trans Fat	0.5g	
<b>Cholesterol</b>	45mg	16%
<b>Sodium</b>	55mg	2%
<b>Potassium</b>	140mg	4%
<b>Total Carbohydrates</b>	18g	6%
Dietary Fiber	less than 1g	2%
Sugars	14g	
<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, Corn Syrup, Macadamia Nuts (Macadamia Nuts roasted in Peanut and/or Cottonseed Oil, Salt), Nonfat Milk, Guar Gum, Xanthan Gum, Carrageenan, Soy Lecithin

**Allergen Alert: Contains Milk, Soy and Macadamia Nuts**

Manufactured on equipment that is used to process other allergens.