BLACK WALNUT

PURITY QUALITY SQUARES ICE CREAM

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Nutrition Facts

Serving Size 1/2 Cup (65g)
Servings Per Container

Amount Per Serving

Calories 140	Calories from Fat 70
	% Daily Value*
Total Fat 9g	**13%**
Saturated Fat 4.5g	**22%**
Trans Fat 0g	
Cholesterol 25mg	**9%**
Sodium 35mg	**1%**
Total Carbohydrate 14g	**5%**
Dietary Fiber 0g	**0%**
Sugars 11g	
Protein 3g	

Vitamin A 6%	Vitamin C 0%
Calcium 6%	Iron 0%

* Percent Daily Values are based on a 2000 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
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Milkfat and nonfat milk, sugar, corn syrup, high fructose corn syrup, walnuts, sweetcream buttermilk, whey, contains less than 2% of natural flavor, guar gum, mono & diglycerides, xanthan gum, polysorbate 80, cellulose gum, carrageenan, caramel color, annatto (color).

Contains: walnut, milk

*ALWAYS REFER TO THE PRODUCT PACKAGE FOR THE MOST UP TO DATE NUTRITION & INGREDIENTS