

Ice Cream Sandwich

Nutrition Facts	
Serving Size 1 Sandwich (56g)	
3.5 floz	
Servings Per Container	
Amount Per Serving	
Calories 130	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 125mg	5%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Sugars 14g	
Protein 2g	
Vitamin A 2%	Vitamin C 0%
Calcium 4%	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: LIGHT ICE CREAM: Milkfat and nonfat milk, sugar, corn syrup, sweetcream buttermilk, high fructose corn syrup, whey, contains less than 2% of natural and artificial flavors, maltodextrin, whey protein concentrate, guar gum, mono & diglycerides, xanthan gum, polysorbate 80, carrageenan, annatto (color), vitamin A palmitate.

WAFERS: Bleached wheat flour, sugar, caramel color, dextrose, palm oil, corn flour, contains less than 2% of cocoa, high fructose corn syrup, corn syrup, corn starch - modified, baking soda, salt, mono and diglycerides, soy lecithin.

Contains: milk, soy, wheat

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