

COCONUT ALMOND BAR Ice Cream - COCONUT FLAVORED ICE CREAM WITH SHAVED COCONUT PIECES, ALMONDS & CHOCOLATE CHEWY CHIP SWIRL

Ingredients - Milk, cream, sugar, corn syrup, coconut puree (coconut, water, sugar), almonds, skim milk, cocoa, coconut oil, gelatin and soy lecithin.

Nutrition Facts	
Serving Size 1/2 cup (74 g)	
Servings Per Container 16	
Amount Per Serving	
Calories 200	Calories from Fat 100
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 6g	30%
<i>Trans</i> Fat 0g	
Cholesterol 30mg	10%
Sodium 85mg	4%
Total Carbohydrate 21g	7%
Dietary Fiber 0g	0%
Sugars 16g	
Protein 3g	
Vitamin A 6% ?	Vitamin C 0%
Calcium 8% ?	Iron 2%
*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
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 ? Carbohydrate 4 ? Protein 4	