

M & M Ice Cream

Nutrition Facts

Serving Size 1/2 cup (99g)

Servings Per Container 1

Amount Per Serving

Calories 114 **Calories From Fat** 54

		% Daily Value*
Total Fat	6g	9%
Saturated Fat	3g	17%
Trans Fat	<1 g	0%
Cholesterol	22mg	7%
Sodium	79mg	3%
Total Carbohydrate	13g	4%
Dietary Fiber	<1g	0%
Sugars	13g	

Protein 2g

Vitamin A 0% ● Vitamin C 0%

Calcium 0% ● Iron 0%

*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	

Ingredients: M & M Ice Cream (Milk, Cream, Sugar, Corn Syrup, Skim Milk, Whey, M & M's [Cocoa, Sugar, Whey, Salt, Palm Oil, Colors], Artificial Vanilla, Mono & Diglycerides, Cellulose Gum, Carob Bean Gum, Polysorbate #80).

Allergy Information: Milk