

GRAHAM CENTRAL STATION Ice Cream - GRAHAM ICE CREAM WITH A GRAHAM CRACKER SWIRL AND MILK CHOCOLATE COVERED HONEYCOMB CRUNCH PIECES.

Ingredients - Milk, cream, sugar, corn syrup, nonfat dry milk, enriched wheat & whole wheat flour, cocoa processed with alkali, gelatin, molasses, honey, natural & artificial flavors, soybean oil, coconut oil, yellow #5 & #6, corn starch, soy lecithin, salt.

Nutrition Facts	
Serving Size 1/2 cup (74 g)	
Servings Per Container 8	
Amount Per Serving	
Calories 210	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 4.5g	23%
<i>Trans</i> Fat 0g	
Cholesterol 30mg	10%
Sodium 90mg	4%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Sugars 17g	
Protein 2g	
Vitamin A 6%	• Vitamin C 0%
Calcium 8%	• 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	