

PURPLE COW Ice Cream - BLACK RASPBERRY ICE CREAM, WHITE CHOCOLATE CHUNKS AND CHOCOLATE CHIPS

Ingredients - Milk, cream, sugar, corn syrup, skim milk, raspberries, chocolate liquor, cocoa butter, dextrose, citric acid, gelatin, coconut and palm oil, natural flavor, FD&C red #40, blue #1 and soy lecithin.

Nutrition Facts			
Serving Size 1/2 cup (74g)			
Servings Per Container 8			
Amount Per Serving			
Calories 190		Calories from Fat 90	
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			% Daily Value*
Total Fat 10g			15%
Saturated Fat 7g			35%
<i>Trans</i> Fat 0g			
Cholesterol 30mg			10%
Sodium 40mg			2%
Total Carbohydrate 22g			7%
Dietary Fiber 0g			0%
Sugars 17g			
Protein 3g			
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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			