

Vanilla Ice Cream

Nutrition Facts

10 servings per container

Serving size 1/2 C (4mL)

Amount Per Serving

Calories 230

% Daily Value*

Total Fat 19g 24%

Saturated Fat 12g 60%

Trans Fat 0.5g

Cholesterol 110mg 37%

Sodium 100mg 4%

Total Carbohydrate 9g 3%

Dietary Fiber 0g 0%

Total Sugars 9g

Includes 6g Added Sugars 12%

Protein 3g

Vitamin D 1.3mcg 6%

Calcium 70mg 6%

Iron 0.4mg 2%

Potassium 280mg 6%

Vitamin A 240mcg 25%

Vitamin C 0mg 0%

Vitamin E 0.6mg 4%

Vitamin K 2mcg 2%

Thiamin 0.03mg 2%

Riboflavin 0.2mg 15%

Niacin 0.1mg 0%

Vitamin B6 0.05mg 2%

Folate 10mcg DFE 2%

Vitamin B12 0.3mcg 10%

Pantothenic Acid 0.5mg 10%

Phosphorus 70mg 6%

Magnesium 5mg 2%

Zinc 0.3mg 4%

Selenium 6mcg 10%

Copper 0.02mg 2%

Manganese 0mg 0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: HEAVY CREAM, WHOLE MILK (MILK, VITAMIN D3), HONEY, EGG, EGG YOLK, PURE VANILLA EXTRACT, LESS THAN 2% OF: SEA SALT

CONTAINS: MILK, EGG

THE NEIGHBORHOOD NURSE