

Häagen-Dazs® Cookies and Cream Ice Cream 14oz

Globe #: 12197031

Nutrition Facts

About 2.5 Servings per container

Serving size: 2/3 cup (127g)

Average Composition	Per Serving	% DV
Calories	320 kcal	
Total Fat	20 g	26
Saturated Fat	13 g	65
Trans Fat	0.5 g	
Cholesterol	85 mg	28
Sodium	115 mg	5
Total Carbohydrate	29 g	10
Dietary Fiber	0 g	0
Total Sugars	25 g	
Includes Added Sugars	20 g	40
Protein	5 g	
Vitamin D	0.7 mcg	2
Calcium	140 mg	10
Iron	0.5 mg	2
Potassium	200 mg	4

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

CREAM, SKIM MILK, SUGAR, EGG YOLKS, WHEAT FLOUR, VANILLA EXTRACT, COCOA PROCESSED WITH ALKALI, COCONUT OIL, BAKING SODA, CHOCOLATE, SALT.

CONTAINS: MILK, WHEAT AND EGG INGREDIENTS.

Nutrition Facts

Per Container

Average Composition	Per Serving	% DV
Calories	830 kcal	
Total Fat	53 g	68
Saturated Fat	34 g	170
Trans Fat	2.0 g	
Cholesterol	230 mg	77
Sodium	300 mg	13
Total Carbohydrate	76 g	27
Dietary Fiber	< 1 g	3
Total Sugars	68 g	
Includes Added Sugars	52 g	104
Protein	13 g	
Vitamin D	1.9 mcg	8
Calcium	380 mg	25
Iron	1.3 mg	6
Potassium	520 mg	10

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

CREAM, SKIM MILK, SUGAR, EGG YOLKS, WHEAT FLOUR, VANILLA EXTRACT, COCOA PROCESSED WITH ALKALI, COCONUT OIL, BAKING SODA, CHOCOLATE, SALT.

CONTAINS: MILK, WHEAT AND EGG INGREDIENTS.