

Häagen-Dazs® Rum Raisin Ice Cream 14oz

Globe #: 12197155

Nutrition Facts

About 2.5 Servings per container

Serving size: 2/3 cup (131g)

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	65 mg	3
Total Carbohydrate	29 g	10
Dietary Fiber	0 g	0
Total Sugars	26 g	
Includes Added Sugars	15 g	30
Protein	5 g	
Vitamin D	0.7 mcg	2
Calcium	150 mg	10
Iron	0.2 mg	0
Potassium	230 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, CANE SUGAR, RAISINS, EGG YOLKS, RUM.

CONTAINS: MILK AND EGG INGREDIENTS.

Nutrition Facts

Per Container

Average Composition	Per Serving	% DV
Calories	840 kcal	
Total Fat	53 g	68
Saturated Fat	33 g	165
Trans Fat	2 g	
Cholesterol	230 mg	77
Sodium	160 mg	7
Total Carbohydrate	76 g	27
Dietary Fiber	1 g	3
Total Sugars	69 g	
Includes Added Sugars	39 g	78
Protein	13 g	
Vitamin D	2 mcg	10
Calcium	390 mg	30
Iron	0.5 mg	2
Potassium	610 mg	10

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CONTAINS: MILK AND EGG INGREDIENTS.