

# Häagen-Dazs® Creamy Mango Ice Cream 14oz

Globe #: 12298031

## Nutrition Facts

About 2.5 Servings per container

Serving size: 2/3 cup (138g)

Average Composition	Per Serving	% DV
Calories	330 kcal	
Total Fat	17 g	22
Saturated Fat	11 g	55
Trans Fat	0.5 g	
Cholesterol	75 mg	25
Sodium	65 mg	3
Total Carbohydrate	40 g	14
Dietary Fiber	< 1 g	2
Total Sugars	36 g	
Includes Added Sugars	28 g	56
Protein	4 g	
Vitamin D	0.6 mcg	2
Calcium	140 mg	10
Iron	0.1 mg	0
Potassium	230 mg	4

## Nutrition Facts

Per Container

Average Composition	Per Serving	% DV
Calories	870 kcal	
Total Fat	45 g	58
Saturated Fat	29 g	145
Trans Fat	1.5 g	
Cholesterol	190 mg	63
Sodium	170 mg	7
Total Carbohydrate	104 g	37
Dietary Fiber	2 g	7
Total Sugars	96 g	
Includes Added Sugars	73 g	146
Protein	12 g	
Vitamin D	1.7 mcg	8
Calcium	360 mg	25
Iron	0.4 mg	2
Potassium	610 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, MANGO PUREE, MANGO, CORN SYRUP, EGG YOLKS, PECTIN, ORANGE JUICE CONCENTRATE, NATURAL FLAVOR, LEMON JUICE CONCENTRATE.

CONTAINS: MILK AND EGG INGREDIENTS.