

Häagen-Dazs® Double Belgian Chocolate Ice Cream 14oz

Globe #: 12297969

Nutrition Facts

About 2.5 Servings per container

Serving size: 2/3 cup (133g)

Average Composition	Per Serving	% DV
Calories	420 kcal	
Total Fat	27 g	35
Saturated Fat	17 g	85
Trans Fat	0.5 g	
Cholesterol	85 mg	28
Sodium	55 mg	2
Total Carbohydrate	39 g	14
Dietary Fiber	3 g	10
Total Sugars	34 g	
Includes Added Sugars	29 g	58
Protein	6 g	
Vitamin D	0.6 mcg	2
Calcium	140 mg	10
Iron	4.7 mg	25
Potassium	250 mg	4

Nutrition Facts

Per Container

Average Composition	Per Serving	% DV
Calories	1120 kcal	
Total Fat	72 g	92
Saturated Fat	44 g	220
Trans Fat	1.5 g	
Cholesterol	225 mg	75
Sodium	150 mg	7
Total Carbohydrate	103 g	37
Dietary Fiber	8 g	28
Total Sugars	89 g	
Includes Added Sugars	76 g	152
Protein	16 g	
Vitamin D	1.6 mcg	8
Calcium	360 mg	25
Iron	12 mg	60
Potassium	660 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.

CHOCOLATE ICE CREAM: CREAM, SKIM MILK, DARK CHOCOLATE (BELGIAN CHOCOLATE, SUGAR, COCOA BUTTER, SOY LECITHIN, VANILLA EXTRACT) SUGAR, EGG YOLKS, COCOA PROCESSED WITH ALKALI, VANILLA EXTRACT.

CHOCOLATE CHUNKS WITH VEGETABLE OIL: BELGIAN CHOCOLATE (SUGAR, CHOCOLATE, COCOA BUTTER, SOY LECITHIN, NATURAL FLAVOR), COTTONSEED OIL, COCONUT OIL.

CONTAINS: MILK, EGG AND SOY INGREDIENTS.