

# Häagen-Dazs® Chocolate Ice Cream 14oz

Globe #: 12196914

## Nutrition Facts

About 2.5 Servings per container

Serving size: 2/3 cup (136g)

Average Composition	Per Serving	% DV
Calories	330 kcal	
Total Fat	21 g	27
Saturated Fat	13 g	65
Trans Fat	0.5 g	
Cholesterol	100 mg	33
Sodium	65 mg	3
Total Carbohydrate	28 g	10
Dietary Fiber	1 g	3
Total Sugars	25 g	
Includes Added Sugars	19 g	38
Protein	6 g	
Vitamin D	0.7 mcg	2
Calcium	160 mg	10
Iron	1.6 mg	8
Potassium	190 mg	4

CREAM, SKIM MILK, CANE SUGAR, COCOA PROCESSED WITH ALKALI, EGG YOLKS.

CONTAINS: MILK AND EGG INGREDIENTS.

## Nutrition Facts

Per Container

Average Composition	Per Serving	% DV
Calories	850 kcal	
Total Fat	55 g	71
Saturated Fat	34 g	170
Trans Fat	2 g	
Cholesterol	260 mg	87
Sodium	180 mg	8
Total Carbohydrate	73 g	26
Dietary Fiber	3 g	10
Total Sugars	67 g	
Includes Added Sugars	51 g	102
Protein	16 g	
Vitamin D	1.9 mcg	8
Calcium	420 mg	30
Iron	4.2 mg	20
Potassium	500 mg	10

CREAM, SKIM MILK, CANE SUGAR, COCOA PROCESSED WITH ALKALI, EGG YOLKS.

CONTAINS: MILK AND EGG INGREDIENTS.