

# Häagen-Dazs® Rocky Road Ice Cream 14oz

Globe #: 12197121

## Nutrition Facts

About 2.5 Servings per container

Serving size: 2/3 cup (128g)

Average Composition	Per Serving	% DV
Calories	370 kcal	
Total Fat	21 g	27
Saturated Fat	10 g	50
Trans Fat	0.5 g	
Cholesterol	75 mg	25
Sodium	75 mg	3
Total Carbohydrate	37 g	13
Dietary Fiber	2 g	7
Total Sugars	30 g	
Includes Added Sugars	25 g	50
Protein	7 g	
Vitamin D	0.5 mcg	2
Calcium	140 mg	10
Iron	1.5 mg	8
Potassium	140 mg	2

\* 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, CORN SYRUP, ALMONDS, COCOA PROCESSED WITH ALKALI, EGG YOLKS, CORN STARCH, SAFFLOWER OIL, EGG WHITES, CREAM OF TARTAR, SALT, PECTIN, NATURAL FLAVOR.

CONTAINS: MILK, ALMOND AND EGG INGREDIENTS.

## Nutrition Facts

Per Container

Average Composition	Per Serving	% DV
Calories	960 kcal	
Total Fat	55 g	71
Saturated Fat	27 g	135
Trans Fat	1.5 g	
Cholesterol	195 mg	65
Sodium	200 mg	9
Total Carbohydrate	98 g	35
Dietary Fiber	5 g	17
Total Sugars	79 g	
Includes Added Sugars	65 g	130
Protein	17 g	
Vitamin D	1.4 mcg	6
Calcium	380 mg	25
Iron	4.1 mg	20
Potassium	380 mg	8

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