

Nutrition Facts

Serving Size 4 oz (113g)
 Servings Per Container 57.4

Amount Per Serving

Calories 270 Calories from Fat 140

% Daily Value*

Total Fat 15g **24%**

 Saturated Fat 10g **51%**

Trans Fat 0g

Cholesterol 60mg **20%**

Sodium 105mg **4%**

Total Carbohydrate 28g **9%**

 Dietary Fiber 0g **0%**

 Sugars 17g

Protein 3g

Vitamin A 10% • Vitamin C 0%

Calcium 10% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories	2,000	2,500
Total Fat	Less than	65 g	80 g	
Sat Fat	Less than	20 g	25 g	
Cholesterol	Less than	300 mg	300 mg	
Sodium	Less than	2,400 mg	2,400 mg	
Total Carbohydrate		300 g	375 g	
Dietary Fiber		25 g	30 g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Milk, Cream, Sugar, Corn Syrup, Cellulose Gum, Mono and Diglycerides, Guar Gum, Salt, Carrageenan, Polysorbate 60, Whole grain wheat flour, malted barley flour, isolated soy protien, salt, whole grain barley flour, malt extract, dried yeast, Water, Propylene Glycol, Caramel Color

CONTAINS: Milk, Wheat

Grape Nut

Ice Cream

A vanilla flavored ice cream with Grapenut[®] cereal.

