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Ice Cream Chocolate Cup

Lancer Management

Author
Categories
Tools
Locations
Plate/Store

			Prep
Yield	1	servings	**Cook**
Portion	1	cup	**Finish**
Num Portions	1		**Shelf**

Nutrition Facts

Serving Size 1 cup
Servings Per Container 1

Amount Per Serving

Calories 280 Calories From Fat 108

	% Daily Value
Total Fat 12g	18%
Saturated Fat 8g	36%
Cholesterol 50mg	17%
Sodium 110mg	5%
Total Carbohydrates 34g	11%
Dietary Fiber 0g	0%
Protein 6g	

Vitamin A	8%	Vitamin C	0%
Calcium	16%	Iron	0%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Descriptors

Low Sodium
Good Source of Calcium
Good Source of Carbohydrates
Good Source of Protein