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Ice Cream Cookies and Cream 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 320 Calories From Fat 144

	% Daily Value
Total Fat 16g	24%
Saturated Fat 9g	40%
Cholesterol 110mg	37%
Sodium 130mg	5%
Total Carbohydrates 36g	12%
Dietary Fiber 0g	0%
Protein 6g	

Vitamin A	12%	Vitamin C	0%
Calcium	16%	Iron	0%

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

Nutrition Descriptors

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