Date: 12/18/2008

Ice Cream French Silk 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 300 Calories From Fat 126

	% Daily Value
Total Fat 14g	21%
Saturated Fat 8g	36%
Cholesterol 40mg	13%
Sodium 110mg	5%
Total Carbohydrates 44g	15%
Dietary Fiber 0g	0%
Protein 4g	

Vitamin A	8%	Vitamin C	0%
Calcium	12%	Iron	0%

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

Nutrition Descriptors

Low Sodium
Good Source of Calcium
Good Source of Carbohydrates