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# Ice Cream Praline Pecan Kemps 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** 340 | Calories From Fat 198 |
| | % Daily Value |
| **Total Fat** 22g | 33% |
| Saturated Fat 9g | 40% |
| **Cholesterol** 60mg | 20% |
| **Sodium** 270mg | 11% |
| **Total Carbohydrates** 34g | 11% |
| Dietary Fiber 1g | 6% |
| **Protein** 6g | |

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

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

**Nutrition Descriptors**

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