Date: 12/18/2008

Ice Cream Vanilla 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 144
	% Daily Value
Total Fat 16g	24%
Saturated Fat 10g	45%
Cholesterol 260mg	87%
Sodium 110mg	5%
Total Carbohydrates 34g	11%
Dietary Fiber 0g	0%
Protein 6g	

Vitamin A	12%	Vitamin C	0%
Calcium	20%	Iron	0%

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

Nutrition Descriptors

Low Sodium
High in Calcium
Good Source of Vitamin A
Good Source of Potassium
Good Source of Carbohydrates
Good Source of Protein