

Soft Serve Ice Cream Chocolate Cup

Lancer Management

Author

Categories

Tools

Locations

Plate/Store

Yield 1 cup

Portion 5 oz

Num Portions 1

Prep

Cook

Finish

Shelf

Nutrition Facts

Serving Size 5 oz (142g)

Servings Per Container 1

Amount Per Serving

Calories 179 Calories From Fat 33

% Daily Value

Total Fat 4g 6%

Saturated Fat 2g 10%

Cholesterol 17mg 6%

Sodium 99mg 4%

Total Carbohydrates 31g 10%

Dietary Fiber 0g 0%

Protein 7g

Vitamin A 3% Vitamin C 2%

Calcium 22% Iron 0%

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

Nutrition Descriptors

Sugar Free

Low Cholesterol

Low Sodium

High in Calcium

Good Source of Carbohydrates

Good Source of Protein