


# AVALANCHE - COOKIES & CREAM

Nutrition Facts		
<b>Serving Size</b>	5 fl. oz.	(98g)
<b>Servings Per Container</b>	2	
<b>Amount Per Serving</b>		
<b>Calories</b>	180	
<b>Calories From Fat</b>	70	
		% Daily Value*
<b>Total Fat</b>	8g	12%
Saturated Fat	5g	25%
Trans Fat	0g	
<b>Cholesterol</b>	20g	7%
<b>Sodium</b>	95mg	4%
<b>Total Carbohydrate</b>	26g	9%
Dietary Fiber	less than 1g	0%
Sugars	18g	
Protein	2g	
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Vitamin A		10%
Vitamin C		0%
Calcium		8%
Iron		6%

\* Percent daily values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on your calorie needs.



**UPC Code:** 0-75455-34000-1

**Kosher:** Kof-K Dairy 

**Allergen Note:** Contains Milk, Wheat & Soy.

**Food Name:** Artificially Flavored Vanilla Ice Cream with Cookie Pieces

## Ingredients:

**ICE CREAM:** NONFAT MILK AND MILKFAT, SUGAR, CORN SYRUP, WHEY, STABILIZER (CELLULOSE GEL, CELLULOSE GUM, MONO- AND DIGLYCERIDES, POLYSORBATE 80, GUAR GUM, CARRAGEENAN), ARTIFICIAL FLAVOR.

**COOKIE PIECES:** WHEAT FLOUR, SUGAR, VEGETABLE SHORTENING (PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OILS), COCOA (PROCESSED WITH ALKALI), HIGH FRUCTOSE CORN SYRUP, CHOCOLATE LIQUOR, DEXTROSE, SALT, CORN STARCH, BAKING SODA, NATURAL FLAVOR, SOY LECITHIN.

**UPDATED 8/1/07** (Please see retail packaging for any changes.)