

CRUMBLLED COOKIE CONE

Nutrition Facts	
1 serving per container	
Serving size	1 cone (70g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 29g	11%
Dietary Fiber 1g	4%
Total Sugars 14g	
Includes 12g Added Sugars	24%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 46mg	4%
Iron 0.6mg	4%
Potassium 180mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



UPC Code: 0-75455-42200-4

Kosher: Kof-K Dairy

Allergen Note: Contains Milk, Wheat & Soy.

Food Name: Lowfat Frozen Dairy Snack

Size: 3 FL. OZ. (89mL)

Icons:

Ingredients

LOWFAT FROZEN DAIRY SNACK: SKIM MILK, WHEY, CORN SYRUP, CANE SUGAR, MALTODEXTRIN (CORN), BUTTERFAT (CREAM), STABILIZER (MONO & DIGLYCERIDES, GUAR GUM, LOCUST BEAN GUM, CARRAGEENAN), ARTIFICIAL FLAVOR.

CONE: WHOLE GRAIN WHEAT FLOUR, SUGAR, CONTAINS 2% OR LESS OF: VEGETABLE SHORTENING (SOYBEAN OIL, PALM OIL, AND SOY LECITHIN), SALT, ARTIFICIAL FLAVOR.

COATING : COCONUT OIL, SUGAR, FULLY HYDROGENATED COCONUT OIL, PALM OIL, COCOA, COCOA PROCESSED WITH ALKALI, CHOCOLATE LIQUOR, SOY LECITHIN, SALT, ARTIFICIAL FLAVOR.

COOKIE PIECES: WHOLE WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE(VITAMIN B1), RIBOFLAVIN(VITAMIN B2), FOLIC ACID), SUGAR, PALM OIL, COCOA (PROCESSED WITH ALKALI), CONTAINS 2% OR LESS OF THE FOLOWING: SOY LECITHIN, SALT, BAKING SODA, CHOCOLATE LIQUOR AND NATURAL & ARTIFICIAL FLAVOR.

SMART SNACKS
PRODUCT CALCULATOR

Smart Snacks Product Calculator Results

Brand:
Rich's Ice Cream

Product Name:
Crumblled Cookie Cone

Serving Size:
3 fl oz.

First Ingredient:
Skim Milk

Your non-beverage dairy product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 3 oz (about 85.05 g)

Servings Per Container

Amount Per Serving

Calories 150 **Calories from Fat 20**

Total Fat (g) 2.5

Saturated Fat (g) 1.5

Trans Fat (g) 0

Sodium (mg) 110

Carbohydrates

Sugars (g) 14

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA