

Swamp Mint

Nutrition Facts		
3 servings per container		
Serving size		2/3 cup (129g)
	Per serving	Per container
Calories	290	870
	<small>% DV*</small>	<small>% DV*</small>
Total Fat	18g 23%	54g 69%
Saturated Fat	12g 60%	37g 185%
Trans Fat	0g	0g
Cholesterol	45mg 15%	130mg 43%
Sodium	80mg 3%	230mg 10%
Total Carb.	32g 12%	94g 34%
Dietary Fiber	< 1g 2%	2g 7%
Total Sugars	27g	82g
Incl. Added Sugars	15g 30%	46g 92%
Protein	5g	14g
Vitamin D	0mcg 0%	0mcg 0%
Calcium	150mg 10%	440mg 35%
Iron	0.4mg 2%	1.2mg 6%
Potassium	0mg 0%	110mg 2%

* The % Daily Value (DV) 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.

INGREDIENTS: CREAM, SKIM MILK, SUGAR, BUTTERMILK, GUAR GUM, CARB BEAN GUM, CANDIES, SEMISWEET CHOCOLATE, WATER, SUGAR, MINT, SPEARMINT OIL

Contains: Milk