

Skinny Cow Cookies and Cream Ice Cream Sandwich

Nutrition Facts

Serving Size 1 Sandwich
 Servings Per Container: *Not Given*

Amount Per Serving	
Calories 150	Calories from Fat 20
% Daily Value *	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0	0%
Cholesterol 5mg	1%
Sodium 150mg	6%
Total Carbohydrate 31g	10%
Dietary Fiber 3g	12%
Sugars 15g	
Sugar Alcohol 0g	
Protein 4g	
Vitamin A	4%
Vitamin C	0%
Calcium	20%
Iron	2%

Ingredients:

SKIM MILK, WAFER (BLEACHED WHEAT FLOUR, SUGAR, CARAMEL COLOR, DEXTROSE, PALM OIL, CORN FLOUR, COCOA, BAKING SODA, CORN SYRUP, MODIFIED CORN STARCH, SALT, MONO AND DIGLYCERIDES, SOY LECITHIN), SUGAR, CORN SYRUP, COOKIE PIECES (BLEACHED WHEAT FLOUR, SUGAR, PALM OIL, COCOA PROCESSED WITH ALKALI, CARAMEL COLOR, CHOCOLATE, LEAVENING [BAKING SODA, AMMONIUM BICARBONATE], SALT, CORN STARCH, SOY LECITHIN), POLYDEXTROSE, WHEY PROTEIN, CREAM, CALCIUM CARBONATE, INULIN (DIETARY FIBER), MICROCRYSTALLINE CELLULOSE, PROPYLENE GLYCOL MONOSTEARATE, GUAR GUM, MONOGLYCERIDES, SORBITOL, CAROB BEAN GUM, SODIUM CARBOXYMETHYLCELLULOSE, CITRIC ACID, VITAMIN A PALMITATE, CARRAGEENAN, SALT.

Does not Contain Nuts, Kosher, Low Fat

Low Fat Ice Cream. 97% Fat Free. 150 Calories. 3 grams Fiber. 0 Trans Fat.

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs.

Please be sure to check the actual product label since the information contained here may have changed.

