

Ice Cream Cup

Servings:	2.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43283
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ICE CRM CUP VAN LT 4FLZ	1 Each		400783
ICE CRM CUP CHOC LT 4FLZ	1 Each		400713

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	100.00
Fat	2.00g
SaturatedFat	1.25g
Trans Fat	0.00g
Cholesterol	7.50mg
Sodium	42.50mg
Carbohydrates	19.00g
Fiber	0.50g
Sugar	14.00g
Protein	2.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 80.00mg	Iron 0.30mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available