



Freeze Dried Ice Cream Sandwiches

Ingredients

Ice Cream: Sugars (sugar, Glucose), Cream, Modified Milk Ingredients, Soy Mono-and Diglycerides, Carob Bean Gum, Cellulose Gum, Guar Gum, Carrageenan, Natural Flavour.
Wafers: Enriched Wheat Flour, Sugars (sugar, Glucose-fructose, Dextrose), Caramel Colour, Palm Oil, Corn Flour, Cocoa, Modified Corn Starch, Baking Soda, Soy Mono-and Diglycerides, Soy Lecithin, Salt. Ice Cream Base Made With 100% Canadian Milk.

Nutrition Facts

Serving Size 20g

% Daily Value*		% Daily Value*	
Calories 160 cal		Calcium 20 mg	2 %
Fat 5 g		Iron 0.75 mg	4 %
Saturates 3.0 g		Vitamin A	0 %
+ Trans 0.2 g		Vitamin C	0 %
Carbohydrate 28 g			
Sugars 13 g			
Fiber 1 g			
Protein 2 g			
Cholesterol 10 mg			
Sodium 100 mg			
Potassium 75 mg			

*5% or less is a **little**, 15% or more is a **lot**

The values stated are approximate and may not be fully representational of this products vitamins, nutrients and ingredients.