



Microcreamery
711 Park St Attleboro MA 02703

Bliss Grape Nut Ice Cream

Item number: 50838

Description: Vanilla ice cream with Grapenut™ cereal

Ingredients: Milk, cream, sugar, corn syrup, skim milk, Grapenut cereal (whole grain wheat flour, malted barley flour, salt, dried yeast), vanilla flavoring, and stabilizer (mono & diglycerides, guar gum, locust bean gum, and carrageenan, standardized with dextrose).

Allergens: Milk, Wheat

Nutrition Facts	
72 servings per container	
Serving size	2/3 cup (88g)
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 70mg	3%
Total Carbohydrate 23g	8%
Dietary Fiber < 1g	2%
Total Sugars 19g	
Includes 15g Added Sugars	30%
Protein 3g	
Vitamin D 0.4mcg	2%
Calcium 110mg	8%
Iron 1.3mg	8%
Potassium 170mg	4%
* 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.	

