Brusters M & M Blast Regular

Nutrition Facts

Serving Size (393g)
Servings Per Container 1

Amount Per Serving

Calories 1050 Calories from Fat 480

	% Daily Value*
Total Fat 54g	**83%**
Saturated Fat 32g	**159%**
Trans Fat 0g	
Cholesterol 120mg	**39%**
Sodium 250mg	**10%**
Total Carbohydrate 128g	**43%**
Dietary Fiber 2g	**8%**
Sugars 107g	
Protein 13g	

Vitamin A 25% • Vitamin C 8%

Calcium 40% • Iron 25%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: VANILLA ICE CREAM: MILK, CREAM, SUGAR, CORN SYRUP, NONFAT MILK SOLIDS, SWEET WHEY, MONO & DIGLYCERIDES, GUAR GUM, LOCUST BEAN GUM, POLYSORBATE 80, CARRAGEENAN, VANILLA, VANILLIN, NATURAL FLAVOR, CARAMEL COLOR. M&M: MILK CHOCOLATE (SUGAR, CHOCOLATE, SKIM MILK, COCOA BUTTER, LACTOSE, MILKFAT, SOY LECITHIN, SALT, ARTIFICIAL FLAVORS), SUGAR, LESS THAN 2% OF: CORN STARCH, CORN SYRUP, ARTIFICIAL COLOR (YELLOW 5 LAKE, RED 40 LAKE, BLUE 1 LAKE, YELLOW 6 LAKE, BLUE 2 LAKE, YELLOW 5, RED 40, BLUE 1, YELLOW 6, BLUE 2), DEXTRIN.