

Iowa State University Creamery
536 Farm House Ln., Ames, IA 50011
Plant #19-193

creamery.iastate.edu



INGREDIENTS:

DOUBLE CHOCOLATE COOKIE (Sugar, Flour [bleached wheat flour, malted barley flour, niacin, iron, potassium bromate, thiamin mononitrate, riboflavin, folic acid], Milk Chocolate Chips[sugar, cocoa butter, milk, chocolate liquor, soy lecithin, vanilla], Vegetable Oil, Margarine[vegetable oil blend {palm oil and soybean oil}, water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate, citric acid, natural & artificial flavor, beta carotene, vitamin A palmitate added, whey], Eggs, Cocoa Powder, Bittersweet Chocolate Baking Chips [sugar, chocolate liquor, cocoa butter, soy lecithin, artificial flavor], Baking Soda, Vanilla Flavoring, Salt),

TWO SWANS ICE CREAM (Whole Milk, Cream, Sugar, Nonfat Milk, Contains 2% Or Less Of: Egg Yolks, Whey, Natural and Artificial Flavor, Locust Bean Gum, Guar Gum, Carrageenan, Dextrose).

CONTAINS: MILK, EGGS, SOY, WHEAT.

PRODUCED IN A FACILITY THAT HANDLES: PEANUTS, WHEAT, MILK, EGGS, SOY, TREE NUTS.

Nutrition Facts

1 servings per container
Serving size
1 Unit (224g)

Calories
per serving

770

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 48g	62%	Total Carbohydrate 101g	37%
Saturated Fat 14g	70%	Dietary Fiber 0g	0%
Trans Fat 0g		Total Sugars 72g	
Cholesterol 105mg	35%	Includes 69g Added Sugars	138%
Sodium 410mg	18%	Protein 11g	
Vitamin D 1mcg 6% • Calcium 144mg 10% • Iron 2mg 10% Potassium 358mg 8%			

*The % Daily Value 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.