

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

[creamery.iastate.edu](http://creamery.iastate.edu)



### INGREDIENTS:

MONSTER COOKIE (Oats, Brown Sugar, Sugar, Peanut Butter[peanuts, dextrose, hydrogenated vegetable oil (rapeseed and/or cottonseed), salt], Egg, 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 carotenet, vitamin A palmitate added, whey,], Bittersweet Chocolate Chips[sugar, chocolate liquor, cocoa butter, soy lecithin, artificial flavor], M&Ms[milk chocolate (sugar, chocolate, skim milk, cocoa butter, lactose, milkfat, soy lecithin, salt, artificial and natural flavors), sugar, cornstarch, less than 1% corn syrup, dextrin, coloring (red 40, yellow 5, blue 1, red 40 lake, yellow 5 lake, blue 1 lake, yellow 6, yellow 6 lake, blue 2 lake, blue 2), carnuba wax, gum acacia], Baking Soda, Vanilla Flavoring, Corn Syrup[corn syrup, salt, vanilla extract]),  
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, PEANUTS.

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

## Nutrition Facts

1 servings per container  
Serving size  
1 Unit (233g)

Calories  
per serving

**780**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Total Fat</b> 44g	<b>56%</b>	<b>Total Carbohydrate</b> 105g	<b>38%</b>
Saturated Fat 20g	<b>100%</b>	Dietary Fiber 0g	<b>0%</b>
Trans Fat 0g		Total Sugars 77g	
<b>Cholesterol</b> 120mg	<b>40%</b>	Includes 74g Added Sugars	<b>148%</b>
<b>Sodium</b> 260mg	<b>11%</b>	<b>Protein</b> 15g	
Vitamin D 1mcg 6%		Calcium 124mg 10%	
Potassium 316mg 6%		Iron 2mg 10%	

\*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.