

Banana Fosters

Ingredients

Banana, Ice Cream, French vanilla, Sugar, Butter, unsalted, Cinnamon. Rum

Nutrients per serving

Nutrition Facts	
Serving Size 1 Each (160g)	
Servings Per Container	
Amount Per Serving	
Calories 320	Calories from Fat 140
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 40mg	2%
Total Carbohydrate 43g	14%
Dietary Fiber 4g	16%
Sugars 32g	
Protein 4g	
Vitamin A 10%	• Vitamin C 10%
Calcium 15%	• Iron 4%
*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 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	