Kool Kreme Vanilla Milkshake

09/23/2014

Nutrition Facts

Serving Size (482g)
Servings Per Container

Amount Per Serving

Calories 730	Calories from Fat 200
	% Daily Value*
Total Fat 23g	**35**%
Saturated Fat 15g	**75**%
Trans Fat 1g	
Cholesterol 90mg	**30**%
Sodium 510mg	**21**%
Total Carbohydrate 113g	**38**%
Dietary Fiber 0g	**0**%
Sugars 89g	
Protein 20g	

Vitamin A 35% • Vitamin C 10%

Calcium 70% • Iron 2%

*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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Allergens: Contains Milk

Kool Kreme Chocolate Milkshake

09/23/2014

Nutrition Facts

Serving Size (482g)
Servings Per Container

Amount Per Serving

Calories 750	Calories from Fat 210
	% Daily Value*
Total Fat 24g	**37%**
Saturated Fat 15g	**75%**
Trans Fat 1g	
Cholesterol 90mg	**30%**
Sodium 500mg	**21%**
Total Carbohydrate 117g	**39%**
Dietary Fiber 4g	**16%**
Sugars 88g	
Protein 21g	

Vitamin A 35% • Vitamin C 8%

Calcium 70% • Iron 15%

*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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Allergens: Contains Milk