

NO-CHURN DOUBLE CHOCOLATE MILK ICE CREAM

NUTRITION

USING 1% CHOCOLATE MILK

CALORIES 445
PROTEIN 7 G
TOTAL CARBOHYDRATE 38 G
FIBER 1.2 G
TOTAL FAT 32 G
SAT. FAT 19.8 G
SODIUM 90 MG
CALCIUM 192 MG
POTASSIUM 276 MG

USING WHOLE CHOCOLATE MILK

CALORIES 455
PROTEIN 7 G
TOTAL CARBOHYDRATE 39 G
FIBER 1.2 G
TOTAL FAT 32 G
SAT. FAT 20.3 G
SODIUM 85 MG
CALCIUM 190 MG
POTASSIUM 328 MG

