

# Nutrition Facts

1 Serving Per Container

**Serving Size**

**1 Popsicle  
(69ml)**

**Amount Per Serving**

**Calories**

**230**

**% Daily Value \***

**Total Fat** 19g **24%**

Saturated Fat 12g **58%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 25mg **2%**

**Total Carbohydrates** 14g **5%**

Dietary Fiber 2g **6%**

Total Sugars 7g

Includes 6g Added Sugars **13%**

**Protein** 3g

Vitamin D 0mcg **0%**

Calcium 10mg **2%**

Iron 2.1mg **10%**

Potassium 180mg **4%**

\* The % Daily Value (DV) 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.