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Time: 1:34 PM



# Milk Shakes, Chocolate

Hesston College

**Author**

**Categories** Dessert, ice cream

**Tools** Disher #8

**Locations**

**Plate/Store**

**Yield** 3.75 gal

**Cook**

**Portion** 10 fl oz

**Num Portions** 48

<b>Nutrition Facts</b>	
Serving Size 10 fl oz	
Servings Per Container 48	
Amount Per Serving	
<b>Calories 565</b> Calories From Fat 285	
% Daily Value	
<b>Total Fat</b> 32g	47%
<b>Saturated Fat</b> 19g	87%
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 104mg	35%
<b>Sodium</b> 201mg	8%
<b>Total Carbohydrates</b> 67g	22%
<b>Dietary Fiber</b> 1g	5%
<b>Protein</b> 10g	
<b>Vitamin A</b> 19%	<b>Vitamin C</b> 3%
<b>Calcium</b> 34%	<b>Iron</b> 5%
* Percent Daily Values are based on a 2000 calorie diet.	

**Nutrition Descriptors**

High in Calcium

High in Carbohydrates

High in Protein

Good Source of Vitamin A

Good Source of Potassium