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# Milk Shakes, Cookies & Cream

Hesston College

**Author**

**Categories** Dessert, ice cream

**Tools** Disher #8

**Locations**

**Plate/Store**

**Yield** 3.9 gal

**Cook**

**Portion** 10 fl oz

**Num Portions** 49.92

## Nutrition Facts

Serving Size 10 fl oz

Servings Per Container about 50

Amount Per Serving

**Calories 457** Calories From Fat 251

% Daily Value

**Total Fat 28g** 42%

Saturated Fat 16g 72%

Trans Fat 0g

**Cholesterol 100mg** 33%

**Sodium 263mg** 11%

**Total Carbohydrates 62g** 21%

Dietary Fiber 0g 2%

**Protein 9g**

Vitamin A 19% Vitamin C 3%

Calcium 33% Iron 5%

\* Percent Daily Values are based on a 2000 calorie diet.

## Nutrition Descriptors

High in Calcium

High in Carbohydrates

Good Source of Vitamin A

Good Source of Potassium

Good Source of Protein