

**Half n Half
Ultra Pasteurized**

Nutrition Facts			
Serving Size 2 Tbsp (30mL)			
Servings Per Container			
Amount per Serving			
Calories 40	Calories from Fat 30		
% Daily Value *			
Total Fat 3.5g	5%		
Saturated Fat 2g	11%		
<i>Trans Fat</i> 0g			
Cholesterol 10mg	4%		
Sodium 10mg	1%		
Total Carbohydrates 1g	0%		
Dietary Fiber 0g			
Sugars 0g			
Protein <1g			
Vitamin A 2%	Vitamin C 4%		
Calcium 0%	Iron 0%		
* Percent Daily Values are based on 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	65 g	80 g
Sat. Fat	less than	20 g	25 g
Cholesterol	less than	300 mg	300 mg
Sodium	less than	2,400 mg	2,400 mg
Total Carbohydrates		300 g	375 g
Dietary Fiber		25 g	30 g

INGREDIENTS:

Milk, cream, disodium phosphate, sodium citrate, and carrageenan.