

# Half & Half

**Serving Size:** 2 tbsp (30ml)

**Servings Per Container:** 16

**Ingredients:** Milk, cream, disodium phosphate, Sodium citrate **Comments:** Disodium phosphate and sodium citrate are added to keep product from separating. Naturally occurring mineral salts.

<b>Amount Per Serving</b>			
Calories 40		Calories from Fat 30	
			<b>% Daily Value</b>
<b>Total Fat 3g</b>			<b>5%</b>
Saturated Fat 2g			10%
<b>Cholesterol 15mg</b>			<b>4%</b>
<b>Sodium 30mg</b>			<b>1%</b>
<b>Total Carbohydrate 1g</b>			<b>0%</b>
Dietary Fiber 0%			0%
Sugars 1 g			
<b>Protein &gt;1g</b>			
<b>Vitamin A 2%</b>			<b>Vitamin C 0%</b>
<b>Calcium 4%</b>			<b>Iron 0%</b>
	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
<b>Total Fat</b>	<b>Less than</b>	<b>65g</b>	<b>80g</b>
<b>Saturated Fat</b>	<b>Less than</b>	<b>20g</b>	<b>25g</b>
<b>Cholesterol</b>	<b>Less than</b>	<b>300mg</b>	<b>300mg</b>
<b>Sodium</b>	<b>Less than</b>	<b>2,400mg</b>	<b>2,400mg</b>
<b>Total Carbohydrates</b>		<b>300mg</b>	<b>375</b>
<b>Dietary Fiber</b>		<b>25g</b>	<b>30g</b>
<b>Calories per gram</b>			
<b>Fat 9</b>	<b>Carbohydrate 4</b>	<b>Protein 4</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.