

# Hawaiian Licks

Frozen Vegan Dessert

## Flavor Data Sheet: Ginger Mac Nut

### Description:

Our creamy coconut base blended with large quantities of hand-processed local young ginger and plenty of Hawaiian mac-nuts. Lots of ginger spice give this flavor a bit of a kick!

### Ingredients:

Coconut Milk, Pure Cane Sugar, Coconut Cream, Macadamia Nuts, Fresh Ginger, Sea Salt

| Nutrition Facts               |                               |
|-------------------------------|-------------------------------|
| <b>Serving size</b>           | 1/2 cup                       |
| <b>Amount per serving</b>     |                               |
| <b>Calories</b>               | <b>244</b>                    |
|                               | <small>% Daily Value*</small> |
| <b>Total Fat</b> 18g          | <b>27%</b>                    |
| Saturated Fat 6g              | <b>30%</b>                    |
| Trans Fat 0g                  |                               |
| <b>Cholesterol</b> 0g         | <b>0%</b>                     |
| <b>Sodium</b> 65mg            | <b>5%</b>                     |
| <b>Total Carbohydrate</b> 19g | <b>8%</b>                     |
| Dietary Fiber 5g              | <b>1%</b>                     |
| Total Sugars 16g              |                               |
| <b>Protein</b> 2g             |                               |
| Vitamin A                     | <b>0%</b>                     |
| Vitamin C                     | <b>0%</b>                     |
| Calcium                       | <b>&gt;1%</b>                 |
| Iron                          | <b>4%</b>                     |

\* 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.

16oz Pint



8oz

