

Hawaiian Licks

Frozen Vegan Dessert

Flavor Data Sheet: Ube Cardamom

Description:

Slow roasted, Puna-grown Okinawan purple sweet potato combined with freshly ground, single source yellow cardamom

Ingredients:

Coconut Milk, Organic Cane Sugar, Coconut Cream, Okinawan Sweet Potato, Sea Salt, Cardamom

Nutrition Facts	
Serving size	1/2 cup
Amount per serving	
Calories	220
	<small>% Daily Value*</small>
Total Fat 13g	20%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 166mg	7%
Total Carbohydrate 25g	8%
Dietary Fiber 0g	0%
Total Sugars 18g	
Protein 1g	
Vitamin A	2%
Vitamin C	4%
Calcium	0%
Iron	3%

* 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

