

ben and jerry's cherry garcia nutrition facts

ben and jerry's cherry garcia nutrition facts provide essential information for consumers who want to enjoy this popular ice cream flavor while managing their dietary intake. Cherry Garcia, a signature offering from Ben & Jerry's, combines cherry ice cream with cherries and fudge flakes, making it a rich and flavorful treat. Understanding the nutritional content of this ice cream is important for individuals monitoring calories, sugar, fat, and other nutrients. This article explores the detailed nutrition facts of Ben & Jerry's Cherry Garcia, including calorie count, macronutrients, vitamins, and minerals. Additionally, it covers ingredient highlights, potential allergens, and tips for incorporating Cherry Garcia into a balanced diet. Whether you are counting macros or simply curious about what goes into your favorite ice cream, this comprehensive guide offers valuable insights into Ben & Jerry's Cherry Garcia nutrition facts.

- Overview of Ben & Jerry's Cherry Garcia
- Detailed Nutrition Facts
- Ingredients and Allergen Information
- Health Considerations and Dietary Tips

Overview of Ben & Jerry's Cherry Garcia

Ben & Jerry's Cherry Garcia is one of the brand's iconic ice cream flavors, named after musician Jerry Garcia. It features a cherry-flavored ice cream base with chunks of cherries and fudge flakes mixed throughout. This combination creates a unique blend of fruity and chocolatey flavors that has made Cherry Garcia a favorite among ice cream enthusiasts. As with many premium ice creams,

understanding the nutrition profile is crucial for making informed food choices. The flavor's rich texture and taste come with a corresponding nutritional impact, which includes calories, fat, sugar, and sodium content. This section provides a basic introduction to the product and sets the stage for a deeper dive into the specific nutrition facts.

Detailed Nutrition Facts

The nutrition facts for Ben & Jerry's Cherry Garcia ice cream are typically provided per serving size, which is generally considered to be half a cup (approximately 100 grams). These values can vary slightly depending on packaging and formulation updates, but the following details represent a standard estimate based on the most common serving size. This information is essential for consumers who need to track their intake of calories, carbohydrates, fats, and other nutrients.

Calorie Content

Each half-cup serving of Cherry Garcia contains approximately 270 calories. This calorie count is reflective of the ice cream's rich ingredients, including cream, sugar, and mix-ins like cherries and fudge flakes. The calorie content can impact daily caloric goals and should be considered when planning meals or snacks.

Macronutrients

The macronutrient breakdown for Ben & Jerry's Cherry Garcia per half-cup serving is as follows:

- **Total Fat:** 14 grams
- **Saturated Fat:** 8 grams
- **Cholesterol:** 55 milligrams

- **Sodium:** 65 milligrams
- **Total Carbohydrates:** 31 grams
- **Dietary Fiber:** 1 gram
- **Sugars:** 26 grams
- **Protein:** 5 grams

This nutrient profile indicates that Cherry Garcia is relatively high in fat and sugar content, which is typical for premium ice cream products. The protein content is moderate due to the dairy base used in the recipe.

Vitamins and Minerals

While ice cream is not typically a significant source of vitamins and minerals, Cherry Garcia provides small amounts of calcium and vitamin A, thanks to its dairy content. Specifically, one serving supplies roughly 10-15% of the recommended daily intake for calcium and around 6% for vitamin A. These micronutrients contribute to bone health and vision maintenance, though ice cream should not be relied upon as a primary source.

Ingredients and Allergen Information

Understanding the ingredients in Ben & Jerry's Cherry Garcia is important for those with dietary restrictions or allergies. The product contains both natural and processed components that contribute to its distinctive flavor and texture.

Primary Ingredients

The main ingredients in Cherry Garcia ice cream include:

- Cream and skim milk
- Sugar
- Cherries
- Fudge flakes (made with sugar, cocoa, and palm oil)
- Egg yolks
- Natural flavors
- Stabilizers and emulsifiers, such as guar gum and carrageenan

These ingredients combine to create a creamy, flavorful ice cream with distinct cherry and chocolate notes.

Allergen Warning

Ben & Jerry's Cherry Garcia contains common allergens such as milk and eggs. Individuals with dairy allergies or lactose intolerance should exercise caution or avoid this product. Additionally, the fudge flakes may contain traces of soy or tree nuts depending on manufacturing processes. It is advisable to review the packaging for any specific allergen statements before consumption.

Health Considerations and Dietary Tips

While Ben & Jerry's Cherry Garcia is a delicious treat, its nutrition profile suggests it should be enjoyed in moderation, particularly for individuals monitoring their intake of sugar, fat, or calories. This section offers guidance on how to incorporate Cherry Garcia into a balanced diet without compromising health goals.

Managing Caloric Intake

Given that a half-cup serving contains 270 calories, consuming larger portions can quickly increase calorie intake. For those aiming to control weight or reduce calorie consumption, measuring servings and limiting frequency of consumption is recommended. Pairing Cherry Garcia with lower-calorie meals or snacks can help maintain overall daily calorie balance.

Balancing Sugar and Fat

With 26 grams of sugar and 14 grams of fat per serving, Cherry Garcia is high in these nutrients. Excessive sugar and saturated fat consumption can have negative health effects, including increased risk for heart disease and metabolic disorders. To mitigate these risks, it is advisable to limit intake of other high-sugar or high-fat foods on days when indulging in Cherry Garcia. Incorporating physical activity and nutrient-dense foods can also support overall health.

Alternative Serving Suggestions

For those seeking to enjoy Cherry Garcia while reducing calorie and sugar intake, consider alternative serving ideas such as:

1. Using Cherry Garcia as a topping for fresh fruit instead of eating a full serving.
2. Sharing a serving with another person to halve the caloric impact.

3. Pairing a small scoop with low-fat yogurt or oatmeal to extend flavor without excess calories.

These strategies allow consumers to enjoy the flavor experience of Ben & Jerry's Cherry Garcia while maintaining mindful nutrition practices.

Frequently Asked Questions

What are the calories in one serving of Ben and Jerry's Cherry Garcia ice cream?

One serving of Ben and Jerry's Cherry Garcia ice cream contains approximately 260 calories.

How much sugar is in a serving of Cherry Garcia ice cream by Ben and Jerry's?

A serving of Ben and Jerry's Cherry Garcia ice cream has about 24 grams of sugar.

Is Ben and Jerry's Cherry Garcia ice cream high in fat?

Yes, a serving of Cherry Garcia contains around 14 grams of fat, which is considered moderately high.

Does Ben and Jerry's Cherry Garcia ice cream contain any protein?

Yes, each serving contains about 5 grams of protein.

How many carbohydrates are in Ben and Jerry's Cherry Garcia ice cream per serving?

There are approximately 28 grams of carbohydrates in one serving of Cherry Garcia ice cream.

Is Ben and Jerry's Cherry Garcia ice cream gluten-free?

Ben and Jerry's Cherry Garcia ice cream is generally considered gluten-free, but it's best to check the packaging for any allergen warnings as recipes can change.

Additional Resources

1. *Ben & Jerry's Cherry Garcia: A Nutritional Deep Dive*

This book offers a comprehensive analysis of the nutritional content of Ben & Jerry's Cherry Garcia ice cream. It breaks down calories, fat, sugar, and protein, helping readers understand how this popular flavor fits into their diet. The book also compares it with other ice cream flavors and suggests healthier alternatives.

2. *The Sweet Science: Understanding Ice Cream Nutrition*

Focusing on the science behind ice cream's ingredients, this book explains the nutritional values of various flavors, including Cherry Garcia. Readers will learn about the impact of sugars, fats, and additives on health. The book also provides tips for making informed choices when indulging in frozen treats.

3. *Cherry Garcia and the Art of Mindful Eating*

This guide encourages readers to enjoy Cherry Garcia ice cream mindfully, balancing pleasure with nutrition. It discusses portion control, calorie awareness, and the emotional aspects of eating sweets. The book also includes recipes for healthier homemade versions of Cherry Garcia.

4. *Decoding Ice Cream Labels: What Cherry Garcia Reveals*

A practical handbook for interpreting nutrition labels, this book uses Cherry Garcia as a case study. It teaches readers how to identify key nutritional information and understand ingredient lists. The book is a valuable resource for anyone looking to make better dietary choices.

5. *The Nutritional Impact of Frozen Desserts: Cherry Garcia Case Study*

This academic-style book examines the effects of consuming Cherry Garcia ice cream on overall

nutrition and health. It presents research findings on sugar content, fat levels, and artificial ingredients. The book also discusses the role of frozen desserts in a balanced diet.

6. From Scoop to Stats: Tracking Cherry Garcia's Nutritional Journey

Follow the journey of Cherry Garcia ice cream from production to your freezer, with a focus on its nutritional profile. This book details ingredient sourcing, manufacturing processes, and how these affect the final nutrition facts. It offers insights for consumers interested in food transparency.

7. Healthy Indulgence: Balancing Cherry Garcia with Nutrition Goals

A practical guide for those who want to enjoy Cherry Garcia without compromising their health goals. The book provides strategies for portion control, meal planning, and incorporating treats into a balanced diet. It also includes nutritional comparisons with other desserts.

8. Cherry Garcia and Calories: A Consumer's Nutrition Guide

Designed for everyday consumers, this book breaks down the calorie content and nutritional aspects of Cherry Garcia ice cream. It explains how to read serving sizes and calculate intake based on individual dietary needs. The book also offers advice for moderating sugar consumption.

9. Frozen Favorites: The Nutritional Profiles of Ben & Jerry's Classics

Explore the nutrition facts behind several of Ben & Jerry's most beloved flavors, including Cherry Garcia. This book compares their sugar, fat, and calorie contents, helping readers make informed choices. It also discusses the balance between indulgence and health.

Ben And Jerry S Cherry Garcia Nutrition Facts

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plan that will have you enjoying all your favorite foods—and help you shed pounds with ease. Imagine a diet plan that lets you eat at Burger King, McDonald's, Dunkin' Donuts, and Olive Garden—and still strip away 10, 20, even 30 pounds or more. A diet plan that lets you order takeout pizza, whip up a box of macaroni and cheese, even reach into the freezer section for ice cream—and never worry about gaining weight or going hungry. A diet plan that lets you enjoy your most indulgent comfort foods whenever you want—and actually teaches you how to eat them more often! The Eat This, Not That! No-Diet Diet is the easiest, most revolutionary weight-loss plan ever created. Whether you're in the drive-through, the family restaurant, the supermarket aisle, or your own kitchen, you make dozens of decisions every day that affect your weight and your health. Now, those decisions will be a breeze. Dana Bickelman of Waltham, Massachusetts, lost 70 pounds in one year, while still enjoying her favorite restaurants: Dunkin' Donuts and Olive Garden. "Boys want to say hi to me now, and that's awesome," she exclaims. "I've never had this kind of attention before, and it's wonderful." Michael Colombo of Staten Island, New York, lost 91 pounds in less than 9 months, while eating his favorite McDonald's sandwiches—and skipping products labeled as "health food." "It's a lot easier than [I] thought," he says. "My confidence has skyrocketed." Erika Bowen of Minneapolis, Minnesota, dropped 84 pounds in 17 months, just by shopping smarter in the supermarket. "There was a time when I refused to wear tank tops," she says. "But now I'm very comfortable in my own skin, and I'm wearing things I'd never have worn before." No matter where you are or what you crave, you'll be stunned to discover how easy losing weight can be.

ben and jerry s cherry garcia nutrition facts: The NutriBase Nutrition Facts Desk
Reference Art Ulene, 1995 With over 40,000 entries, this book presents information for a wide range of foods.

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supermarket swaps--not to mention easy, delicious recipes that satisfy every craving. Now you can order, cook, and enjoy meals with total confidence, thanks to this authoritative, must-have, healthy eating guide, from America's most trusted OBGYN, with David Zinczenko, co-founder of Eat This, Not That!

ben and jerry s cherry garcia nutrition facts: *Eat This, Not That (Revised)* David Zinczenko, 2019-12-31 Indulge smarter with the no-diet weight loss solution. The bestselling phenomenon that shows you how to eat healthier with simple food swaps—whether you're dining in or out—is now expanded and completely updated. Did you know that if you're watching your waistline, a McDonald's Big Mac is better than a Five Guys Cheeseburger? Or that the health promise of the Cheesecake Factory's Grilled Chicken and Avocado Club is dubious? Or that when shopping for condiments, the real winner is Kraft mayo with olive oil instead of Hellman's "Real?" Reading ingredient labels and scrutinizing descriptions on menus is hard work, but with side-by-side calorie and nutrition comparisons and full-color photos on every page, *Eat This, Not That!* makes it easy! Diet guru Dave Zinczenko goes aisle-by-aisle through every major American staple—from frozen foods, cereals, and sodas, to the dairy cases, international foods, and the produce aisle—as well as every chain and fast food restaurant in the country to pick the winners and losers. You'll find more than 1,250 slimming and often surprising swaps, a helpful list of the "worst foods in America" by category, plus testimonials from real people who lost weight simply by consulting Zinczenko's easy-to-follow advice. Now the book that changed the way Americans choose meal ingredients, food brands, and menu options is completely updated—and it'll help satisfy both the appetite and diet goals of even the hungriest reader!

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ben and jerry s cherry garcia nutrition facts: The Calorie Juliette Kellow, 2007 This guide is designed for quick reference and ease of use. It contains full nutritional information, including individual serving sizes, for each food listed. It covers healthy diets, exercise, diet myths and advice for losing weight safely.

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I'm living the life of a celebrity... but with my history, it's hard to believe I deserve anything but heartache. Until Magnus Thorne. I'm too dangerous for her. I'm good with a gun, a knife, a garrote—whatever I need for the dirty work I do for the CIA. I can't put my bloodstained hands on a woman like her. Only...Pearl won't take no for an answer. She thinks she's a badass. She doesn't know who she's dealing with. Somewhere in California: He's my sister's ex. Brandon, the producer of the TV dance competition that can make or break my dreams, is gorgeous and sweet. He even seems to like me. Why, oh why, does he have to be my supermodel sister's ex-boyfriend? Just don't hit on the contestants. Jade is pure passion on the dance floor... and entirely awkward off of it. She can't stop washing her hands, counting things to calm herself, and won't even look me in the eye. I just want to kiss her until she forgets everything but being mine.

"These characters are so true to life, so believable that you become involved in each of their lives as if you truly know them. Can't stop reading! —Reviewer

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