

**Basic Report 01237, Ice cream, bar or stick, chocolate covered**

Report Date: February 01, 2015 13:11 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 bar 50g
<b>Proximates</b>			
Water	g	46.30	23.15
Energy	kcal	331	166
Protein	g	4.10	2.05
Total lipid (fat)	g	24.10	12.05
Carbohydrate, by difference	g	24.50	12.25
Fiber, total dietary	g	0.8	0.4
Sugars, total	g	18.30	9.15
<b>Minerals</b>			
Calcium, Ca	mg	119	60
Iron, Fe	mg	0.29	0.14
Magnesium, Mg	mg	28	14
Phosphorus, P	mg	173	86
Potassium, K	mg	305	152
Sodium, Na	mg	68	34
Zinc, Zn	mg	0.82	0.41
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.062	0.031
Riboflavin	mg	0.261	0.130
Niacin	mg	0.175	0.088
Vitamin B-6	mg	0.043	0.022
Folate, DFE	µg	7	4
Vitamin B-12	µg	0.49	0.24
Vitamin A, RAE	µg	19	10
Vitamin A, IU	IU	123	62
Vitamin E (alpha-tocopherol)	mg	0.42	0.21

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 bar 50g</b>
Vitamin D (D2 + D3)	µg	0.2	0.1
Vitamin D	IU	7	4
Vitamin K (phylloquinone)	µg	1.3	0.6
<b>Lipids</b>			
Fatty acids, total saturated	g	13.202	6.601
Fatty acids, total monounsaturated	g	6.387	3.194
Fatty acids, total polyunsaturated	g	3.257	1.628
Cholesterol	mg	28	14
<b>Other</b>			
Caffeine	mg	3	2