

Basic Report 01240, Ice cream cone, chocolate covered, with nuts, flavors other than chocolate

Report Date: February 26, 2015 23:03 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 unit 96g
Proximates			
Water	g	37.43	35.93
Energy	kcal	354	340
Protein	g	5.21	5.00
Total lipid (fat)	g	21.88	21.00
Carbohydrate, by difference	g	34.38	33.00
Fiber, total dietary	g	1.0	1.0
Sugars, total	g	25.00	24.00
Minerals			
Calcium, Ca	mg	63	60
Iron, Fe	mg	0.00	0.00
Magnesium, Mg	mg	29	28
Phosphorus, P	mg	108	104
Potassium, K	mg	222	213
Sodium, Na	mg	94	90
Zinc, Zn	mg	0.86	0.83
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.108	0.104
Riboflavin	mg	0.252	0.242
Niacin	mg	0.829	0.796
Vitamin B-6	mg	0.046	0.044
Folate, DFE	µg	35	34
Vitamin B-12	µg	0.36	0.35
Vitamin A, RAE	µg	32	31
Vitamin A, IU	IU	104	100
Vitamin E (alpha-tocopherol)	mg	0.18	0.17

Nutrient	Unit	1 Value Per100 g	1 unit 96g
Vitamin D (D2 + D3)	µg	0.1	0.1
Vitamin D	IU	3	3
Vitamin K (phylloquinone)	µg	1.1	1.1
Lipids			
Fatty acids, total saturated	g	11.458	11.000
Fatty acids, total monounsaturated	g	7.340	7.046
Fatty acids, total polyunsaturated	g	1.657	1.591
Cholesterol	mg	21	20
Other			
Caffeine	mg	7	7