

Basic Report 19882, Ice creams, BREYERS, No Sugar Added, Vanilla

Report Date: January 30, 2015 19:46 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 serving 1/2 cup 69g
Proximates			
Water	g	67.86	46.82
Energy	kcal	143	99
Protein	g	3.68	2.54
Total lipid (fat)	g	6.20	4.28
Carbohydrate, by difference	g	21.92	15.12
Fiber, total dietary	g	0.5	0.3
Sugars, total	g	6.09	4.20
Minerals			
Calcium, Ca	mg	133	92
Iron, Fe	mg	0.09	0.06
Sodium, Na	mg	66	46
Vitamins			
Vitamin C, total ascorbic acid	mg	0.8	0.6
Vitamin A, IU	IU	291	201
Lipids			
Fatty acids, total saturated	g	3.900	2.691
Cholesterol	mg	18	12