

**Basic Report 19886, Frozen novelties, KLONDIKE, SLIM-A-BEAR Chocolate Cone**

Report Date: January 25, 2015 07:14 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 serving 1 cone 79g
<b>Proximates</b>			
Water	g	45.51	35.95
Energy	kcal	224	177
Protein	g	4.09	3.23
Total lipid (fat)	g	4.10	3.24
Carbohydrate, by difference	g	45.32	35.80
Fiber, total dietary	g	4.3	3.4
Sugars, total	g	24.62	19.45
<b>Minerals</b>			
Calcium, Ca	mg	125	99
Iron, Fe	mg	0.75	0.59
Sodium, Na	mg	159	126
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.6	0.5
Vitamin A, IU	IU	259	205
<b>Lipids</b>			
Fatty acids, total saturated	g	1.001	0.791
Cholesterol	mg	2	2