

Basic Report 19894, Ice creams, BREYERS, 98% Fat Free Chocolate

Report Date: February 01, 2015 11:39 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per 100 g	1 serving 1/2 cup 68g
Proximates			
Water	g	63.20	42.98
Energy	kcal	136	92
Protein	g	3.89	2.65
Total lipid (fat)	g	2.17	1.48
Carbohydrate, by difference	g	30.18	20.52
Fiber, total dietary	g	5.8	3.9
Sugars, total	g	20.29	13.80
Minerals			
Calcium, Ca	mg	126	86
Iron, Fe	mg	0.84	0.57
Sodium, Na	mg	75	51
Vitamins			
Vitamin C, total ascorbic acid	mg	0.7	0.5
Vitamin A, IU	IU	255	173
Lipids			
Fatty acids, total saturated	g	1.380	0.938
Cholesterol	mg	7	5