

Basic Report 19899, Ice creams, regular, low carbohydrate, chocolate

Report Date: January 27, 2015 09:25 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 individual (3.5 fl oz) 58g
Proximates			
Water	g	55.70	32.31
Energy	kcal	237	137
Protein	g	3.80	2.20
Total lipid (fat)	g	12.70	7.37
Carbohydrate, by difference	g	26.80	15.54
Fiber, total dietary	g	4.8	2.8
Sugars, total	g	6.35	3.68
Minerals			
Calcium, Ca	mg	109	63
Iron, Fe	mg	0.93	0.54
Magnesium, Mg	mg	29	17
Phosphorus, P	mg	107	62
Potassium, K	mg	249	144
Sodium, Na	mg	76	44
Zinc, Zn	mg	0.58	0.34
Vitamins			
Vitamin C, total ascorbic acid	mg	0.7	0.4
Thiamin	mg	0.042	0.024
Riboflavin	mg	0.194	0.113
Niacin	mg	0.226	0.131
Vitamin B-6	mg	0.055	0.032
Folate, DFE	µg	16	9
Vitamin B-12	µg	0.29	0.17
Vitamin A, RAE	µg	118	68
Vitamin A, IU	IU	419	243
Vitamin E (alpha-tocopherol)	mg	0.30	0.17

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Vitamin D (D2 + D3)	µg	0.2	0.1
Vitamin D	IU	9	5
Vitamin K (phylloquinone)	µg	0.3	0.2
Lipids			
Fatty acids, total saturated	g	6.800	3.944
Fatty acids, total monounsaturated	g	3.210	1.862
Fatty acids, total polyunsaturated	g	0.410	0.238
Cholesterol	mg	34	20
Other			
Caffeine	mg	3	2