

Basic Report 01236, Ice cream, soft serve, chocolate

Report Date: July 24, 2017 00:34 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.5 cup 86g
Proximates			
Water	g	59.80	51.43
Energy	kcal	222	191
Protein	g	4.10	3.53
Total lipid (fat)	g	13.00	11.18
Carbohydrate, by difference	g	22.20	19.09
Fiber, total dietary	g	0.7	0.6
Sugars, total	g	21.16	18.20
Minerals			
Calcium, Ca	mg	131	113
Iron, Fe	mg	0.21	0.18
Magnesium, Mg	mg	12	10
Phosphorus, P	mg	116	100
Potassium, K	mg	177	152
Sodium, Na	mg	61	52
Zinc, Zn	mg	0.52	0.45
Vitamins			
Vitamin C, total ascorbic acid	mg	0.8	0.7
Thiamin	mg	0.049	0.042
Riboflavin	mg	0.182	0.157
Niacin	mg	0.095	0.082
Vitamin B-6	mg	0.048	0.041
Folate, DFE	µg	9	8
Vitamin B-12	µg	0.50	0.43
Vitamin A, RAE	µg	162	139
Vitamin A, IU	IU	589	507
Vitamin E (alpha-tocopherol)	mg	0.61	0.52

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Vitamin D (D2 + D3)	µg	0.7	0.6
Vitamin D	IU	29	25
Vitamin K (phylloquinone)	µg	0.9	0.8
Lipids			
Fatty acids, total saturated	g	7.460	6.416
Fatty acids, total monounsaturated	g	3.490	3.001
Fatty acids, total polyunsaturated	g	0.460	0.396
Cholesterol	mg	91	78
Amino Acids			
Other			
Caffeine	mg	2	2