

## Basic Report 01236, Ice cream, soft serve, chocolate

Report Date: February 22, 2018 09:34 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.5 cup 86g
<b>Proximates</b>			
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
<b>Minerals</b>			
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
<b>Vitamins</b>			
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
<b>Lipids</b>			
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
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	2	2