

Basic Report 01237, Ice cream, bar or stick, chocolate covered

Report Date: February 19, 2018 22:32 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 bar 50g
Proximates			
Water	g	46.30	23.15
Energy	kcal	331	166
Protein	g	4.10	2.05
Total lipid (fat)	g	24.10	12.05
Carbohydrate, by difference	g	24.50	12.25
Fiber, total dietary	g	0.8	0.4
Sugars, total	g	18.30	9.15
Minerals			
Calcium, Ca	mg	119	60
Iron, Fe	mg	0.29	0.14
Magnesium, Mg	mg	28	14
Phosphorus, P	mg	173	86
Potassium, K	mg	305	152
Sodium, Na	mg	68	34
Zinc, Zn	mg	0.82	0.41
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.062	0.031
Riboflavin	mg	0.261	0.131
Niacin	mg	0.175	0.087
Vitamin B-6	mg	0.043	0.021
Folate, DFE	µg	7	4
Vitamin B-12	µg	0.49	0.24
Vitamin A, RAE	µg	19	10
Vitamin A, IU	IU	123	62
Vitamin E (alpha-tocopherol)	mg	0.42	0.21

Nutrient	Unit	1 Value Per100 g	1 bar 50g
Vitamin D (D2 + D3)	µg	0.2	0.1
Vitamin D	IU	7	4
Vitamin K (phylloquinone)	µg	1.3	0.7
Lipids			
Fatty acids, total saturated	g	13.202	6.601
Fatty acids, total monounsaturated	g	6.387	3.193
Fatty acids, total polyunsaturated	g	3.257	1.628
Cholesterol	mg	28	14
Amino Acids			
Other			
Caffeine	mg	3	2