

Basic Report 01238, Ice cream sandwich

Report Date: October 21, 2017 08:19 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 serving 70g
Proximates			
Water	g	48.90	34.23
Energy	kcal	237	166
Protein	g	4.29	3.00
Total lipid (fat)	g	8.57	6.00
Carbohydrate, by difference	g	37.14	26.00
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	18.57	13.00
Minerals			
Calcium, Ca	mg	86	60
Iron, Fe	mg	0.26	0.18
Magnesium, Mg	mg	29	20
Phosphorus, P	mg	72	50
Potassium, K	mg	115	80
Sodium, Na	mg	129	90
Zinc, Zn	mg	0.60	0.42
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.111	0.078
Riboflavin	mg	0.146	0.102
Niacin	mg	1.566	1.096
Vitamin B-6	mg	0.028	0.020
Folate, DFE	µg	53	37
Vitamin B-12	µg	0.05	0.04
Vitamin A, RAE	µg	86	60
Vitamin A, IU	IU	286	200
Vitamin E (alpha-tocopherol)	mg	0.40	0.28

Nutrient	Unit	1 Value Per100 g	1 serving 70g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	1.3	0.9
Lipids			
Fatty acids, total saturated	g	2.317	1.622
Fatty acids, total monounsaturated	g	2.661	1.863
Fatty acids, total polyunsaturated	g	2.272	1.590
Cholesterol	mg	21	15
Amino Acids			
Other			
Caffeine	mg	4	3