

## Basic Report 01238, Ice cream sandwich

Report Date: August 20, 2017 07:53 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 serving 70g
<b>Proximates</b>			
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
<b>Minerals</b>			
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
<b>Vitamins</b>			
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

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 serving 70g</b>
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	1.3	0.9
<b>Lipids</b>			
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
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	4	3