

Basic Report 01239, Ice cream cookie sandwich

Report Date: July 24, 2017 04:39 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 serving 82g
Proximates			
Water	g	48.70	39.93
Energy	kcal	240	197
Protein	g	3.70	3.03
Total lipid (fat)	g	7.40	6.07
Carbohydrate, by difference	g	39.60	32.47
Fiber, total dietary	g	1.2	1.0
Sugars, total	g	21.30	17.47
Minerals			
Calcium, Ca	mg	73	60
Iron, Fe	mg	1.10	0.90
Magnesium, Mg	mg	16	13
Phosphorus, P	mg	54	44
Potassium, K	mg	68	56
Sodium, Na	mg	162	133
Zinc, Zn	mg	0.32	0.26
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.030	0.025
Riboflavin	mg	0.030	0.025
Niacin	mg	0.237	0.194
Vitamin B-6	mg	0.028	0.023
Folate, DFE	µg	5	4
Vitamin B-12	µg	0.01	0.01
Vitamin A, RAE	µg	37	30
Vitamin A, IU	IU	122	100
Vitamin E (alpha-tocopherol)	mg	0.40	0.33

Nutrient	Unit	1 Value Per100 g	1 serving 82g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	1.3	1.1
Lipids			
Fatty acids, total saturated	g	1.663	1.364
Fatty acids, total monounsaturated	g	4.150	3.403
Fatty acids, total polyunsaturated	g	0.847	0.695
Cholesterol	mg	6	5
Amino Acids			
Other			
Caffeine	mg	6	5