

Basic Report 01241, Ice cream sandwich, made with light ice cream, vanilla

Report Date: December 12, 2017 01:23 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 serving 70g
Proximates			
Water	g	52.63	36.84
Energy	kcal	186	130
Protein	g	4.29	3.00
Total lipid (fat)	g	3.04	2.13
Carbohydrate, by difference	g	39.64	27.75
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	17.86	12.50
Minerals			
Calcium, Ca	mg	30	21
Iron, Fe	mg	0.09	0.06
Magnesium, Mg	mg	10	7
Phosphorus, P	mg	26	18
Potassium, K	mg	41	29
Sodium, Na	mg	146	102
Zinc, Zn	mg	0.21	0.15
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.039	0.027
Riboflavin	mg	0.052	0.036
Niacin	mg	0.555	0.389
Vitamin B-6	mg	0.010	0.007
Folate, DFE	µg	19	13
Vitamin B-12	µg	0.02	0.01
Vitamin A, RAE	µg	96	67
Vitamin A, IU	IU	321	225
Vitamin E (alpha-tocopherol)	mg	0.14	0.10

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	0.5	0.3
Lipids			
Fatty acids, total saturated	g	0.821	0.575
Fatty acids, total monounsaturated	g	0.942	0.659
Fatty acids, total polyunsaturated	g	0.805	0.564
Cholesterol	mg	7	5
Amino Acids			
Other			
Caffeine	mg	1	1