

## Basic Report 01263, Ice cream, light, soft serve, chocolate

Report Date: June 24, 2017 06:20 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 medium 298g
<b>Proximates</b>			
Water	g	68.92	205.38
Energy	kcal	141	420
Protein	g	3.36	10.01
Total lipid (fat)	g	3.69	11.00
Carbohydrate, by difference	g	23.15	68.99
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	19.46	57.99
<b>Minerals</b>			
Calcium, Ca	mg	134	399
Iron, Fe	mg	0.60	1.79
Magnesium, Mg	mg	36	107
Phosphorus, P	mg	113	337
Potassium, K	mg	207	617
Sodium, Na	mg	64	191
Zinc, Zn	mg	0.67	2.00
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.033	0.098
Riboflavin	mg	0.124	0.370
Niacin	mg	0.186	0.554
Vitamin B-6	mg	0.038	0.113
Folate, DFE	µg	26	77
Vitamin B-12	µg	0.26	0.77
Vitamin A, RAE	µg	91	271
Vitamin A, IU	IU	336	1001
Vitamin E (alpha-tocopherol)	mg	0.08	0.24

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 medium 298g</b>
Vitamin D (D2 + D3)	µg	0.7	2.1
Vitamin D	IU	26	77
Vitamin K (phylloquinone)	µg	0.4	1.2
<b>Lipids</b>			
Fatty acids, total saturated	g	2.349	7.000
Fatty acids, total monounsaturated	g	1.033	3.078
Fatty acids, total polyunsaturated	g	0.125	0.372
Fatty acids, total trans	g	0.168	0.501
Cholesterol	mg	15	45
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0