

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

Report Date: October 21, 2017 06:02 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 medium 298g
Proximates			
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
Minerals			
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
Vitamins			
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

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Vitamin D (D2 + D3)	µg	0.7	2.1
Vitamin D	IU	26	77
Vitamin K (phylloquinone)	µg	0.4	1.2
Lipids			
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
Amino Acids			
Other			
Caffeine	mg	0	0