

## Basic Report 19283, Frozen novelties, ice type, pop

Report Date: June 26, 2019 06:18 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 serving 1.75 fl oz pop 52g
<b>Proximates</b>			
Water	g	80.49	41.85
Energy	kcal	79	41
Protein	g	0.00	0.00
Total lipid (fat)	g	0.24	0.12
Carbohydrate, by difference	g	19.23	10.00
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	13.66	7.10
<b>Minerals</b>			
Calcium, Ca	mg	0	0
Iron, Fe	mg	0.54	0.28
Magnesium, Mg	mg	1	1
Phosphorus, P	mg	0	0
Potassium, K	mg	15	8
Sodium, Na	mg	7	4
Zinc, Zn	mg	0.15	0.08
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.7	0.4
Thiamin	mg	0.000	0.000
Riboflavin	mg	0.000	0.000
Niacin	mg	0.000	0.000
Vitamin B-6	mg	0.000	0.000
Folate, DFE	µg	0	0
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	0.00

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 serving 1.75 fl oz pop 52g</b>
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0
<b>Lipids</b>			
Fatty acids, total saturated	g	0.013	0.007
Fatty acids, total monounsaturated	g	0.051	0.027
Fatty acids, total polyunsaturated	g	0.016	0.008
Cholesterol	mg	0	0
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0