

Full Report (All Nutrients) 19856, Frozen novelties, juice type, POPSICLE SCRIBBLERS

Report Date: September 22, 2019 04:00 EDT

Nutrient values and weights are for edible portion.

Food Group : Sweets

Carbohydrate Factor: 4 Fat Factor: 9 Protein Factor:4 Nitrogen to Protein Conversion Factor:6.25

Manufacturer Good Humor - Breyers Ice Cream

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving 1.2 fl oz pop 33g
Proximates					
Water 1	g	79.96	1	--	26.39
Energy	kcal	81	--	--	27
Energy	kJ	338	--	--	112
Protein 1	g	0.00	1	--	0.00
Total lipid (fat) 1	g	0.24	1	--	0.08
Ash 1	g	0.12	1	--	0.04
Carbohydrate, by difference	g	19.68	--	--	6.49
Fiber, total dietary 1	g	0.0	1	--	0.0
Sugars, total	g	14.57	--	--	4.81
Sucrose 1	g	5.68	1	--	1.87
Glucose (dextrose) 1	g	4.52	1	--	1.49
Fructose 1	g	3.70	1	--	1.22
Lactose 1	g	0.00	1	--	0.00
Maltose 1	g	0.67	1	--	0.22
Minerals					
Calcium, Ca 1	mg	5	1	--	2
Iron, Fe 1	mg	0.30	1	--	0.10
Magnesium, Mg 1	mg	3	1	--	1
Phosphorus, P 1	mg	2	1	--	1
Potassium, K 1	mg	23	1	--	8
Sodium, Na 1	mg	13	1	--	4

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving 1.2 fl oz pop 33g
Zinc, Zn 1	mg	0.07	1	--	0.02
Copper, Cu 1	mg	0.000	1	--	0.000
Manganese, Mn 1	mg	0.000	1	--	0.000
Fluoride, F 1	µg	76.6	1	--	25.3
Vitamins					
Vitamin C, total ascorbic acid 1	mg	1.2	1	--	0.4

Lipids

Amino Acids

Other

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6f, 2002 Beltsville MD