

Basic Report 43514, Frozen novelties, ice type, pop, with low calorie sweetener

Report Date: June 20, 2019 19:27 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 serving 1.75 fl oz pop 55g
Proximates			
Water	g	94.03	51.72
Energy	kcal	24	13
Protein	g	0.00	0.00
Total lipid (fat)	g	0.00	0.00
Carbohydrate, by difference	g	5.92	3.26
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	1.52	0.84
Minerals			
Calcium, Ca	mg	0	0
Iron, Fe	mg	0.67	0.37
Magnesium, Mg	mg	1	1
Phosphorus, P	mg	0	0
Potassium, K	mg	11	6
Sodium, Na	mg	10	6
Zinc, Zn	mg	0.47	0.26
Vitamins			
Vitamin C, total ascorbic acid	mg	10.4	5.7
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

Nutrient	Unit	1 Value Per100 g	1 serving 1.75 fl oz pop 55g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0
Lipids			
Fatty acids, total saturated	g	0.000	0.000
Fatty acids, total monounsaturated	g	0.000	0.000
Fatty acids, total polyunsaturated	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0