

## Full Report (All Nutrients) 43514, Frozen novelties, ice type, pop, with low calorie sweetener

Report Date: July 24, 2019 00:40 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

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving 1.75 fl oz pop 55g
<b>Proximates</b>					
Water <a href="#">1</a>	g	94.03	2	--	51.72
Energy	kcal	24	--	--	13
Energy	kJ	99	--	--	54
Protein <a href="#">1</a>	g	0.00	3	0.000	0.00
Total lipid (fat)	g	0.00	1	--	0.00
Ash <a href="#">1</a>	g	0.06	3	0.010	0.03
Carbohydrate, by difference	g	5.92	--	--	3.26
Fiber, total dietary <a href="#">1</a>	g	0.0	3	0.000	0.0
Sugars, total	g	1.52	--	--	0.84
Sucrose <a href="#">1</a>	g	0.70	3	0.010	0.39
Glucose (dextrose) <a href="#">1</a>	g	0.47	3	0.020	0.26
Fructose <a href="#">1</a>	g	0.34	3	0.007	0.19
Lactose <a href="#">1</a>	g	0.00	3	0.000	0.00
Maltose <a href="#">1</a>	g	0.00	3	0.000	0.00
<b>Minerals</b>					
Calcium, Ca <a href="#">1</a>	mg	0	3	0.000	0
Iron, Fe <a href="#">1</a>	mg	0.67	3	0.270	0.37
Magnesium, Mg <a href="#">1</a>	mg	1	3	0.000	1
Phosphorus, P <a href="#">1</a>	mg	0	3	0.000	0
Potassium, K <a href="#">1</a>	mg	11	3	2.000	6
Sodium, Na <a href="#">1</a>	mg	10	3	2.000	6
Zinc, Zn <a href="#">1</a>	mg	0.47	3	0.210	0.26

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving 1.75 fl oz pop 55g
Copper, Cu <a href="#">1</a>	mg	0.000	3	0.000	0.000
Manganese, Mn <a href="#">1</a>	mg	0.000	3	0.000	0.000
Selenium, Se	µg	0.0	--	--	0.0
Fluoride, F <a href="#">1</a>	µg	88.9	3	1.600	48.9
<b>Vitamins</b>					
Vitamin C, total ascorbic acid <a href="#">1</a>	mg	10.4	3	0.300	5.7
Thiamin	mg	0.000	--	--	0.000
Riboflavin	mg	0.000	--	--	0.000
Niacin	mg	0.000	--	--	0.000
Pantothenic acid	mg	0.000	--	--	0.000
Vitamin B-6	mg	0.000	--	--	0.000
Folate, total	µg	0	--	--	0
Folic acid	µg	0	--	--	0
Folate, food	µg	0	--	--	0
Folate, DFE	µg	0	--	--	0
Choline, total	mg	0.0	--	--	0.0
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	0	1	--	0
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.00	--	--	0.00
Vitamin E, added	mg	0.00	--	--	0.00
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	0.000	1	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving 1.75 fl oz pop 55g
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000
16:0	g	0.000	--	--	0.000
18:0	g	0.000	--	--	0.000
Fatty acids, total monounsaturated	g	0.000	--	--	0.000
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.000	--	--	0.000
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.000	--	--	0.000
18:2 undifferentiated	g	0.000	--	--	0.000
18:3 undifferentiated	g	0.000	--	--	0.000
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	0	1	--	0
<b>Amino Acids</b>					
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

Sources of Data  
<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6f, 2002 Beltsville MD