

## Basic Report 18640, HEINZ, WEIGHT WATCHER, Chocolate Eclair, frozen

Report Date: November 22, 2017 11:48 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 eclair, frozen 59g
<b>Proximates</b>			
Water	g	47.30	27.91
Energy	kcal	241	142
Protein	g	4.40	2.60
Total lipid (fat)	g	6.90	4.07
Carbohydrate, by difference	g	40.30	23.78
Fiber, total dietary	g	2.1	1.2
Sugars, total	g	16.80	9.91
<b>Minerals</b>			
Calcium, Ca	mg	48	28
Iron, Fe	mg	0.70	0.41
Sodium, Na	mg	300	177
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Vitamin A, IU	IU	75	44
<b>Lipids</b>			
Fatty acids, total saturated	g	1.400	0.826
Fatty acids, total monounsaturated	g	2.000	1.180
Fatty acids, total polyunsaturated	g	2.900	1.711
Fatty acids, total trans	g	0.200	0.118
Cholesterol	mg	47	28
<b>Amino Acids</b>			
<b>Other</b>			