

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

Report Date: February 19, 2018 13:11 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 eclair, frozen 59g
Proximates			
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
Minerals			
Calcium, Ca	mg	48	28
Iron, Fe	mg	0.70	0.41
Sodium, Na	mg	300	177
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Vitamin A, IU	IU	75	44
Lipids			
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
Amino Acids			
Other			