

Basic Report 19217, Frozen novelties, ice type, fruit, no sugar added

Report Date: August 17, 2019 16:50 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 bar 51g
Proximates			
Water	g	93.20	47.53
Energy	kcal	24	12
Protein	g	0.50	0.26
Total lipid (fat)	g	0.10	0.05
Carbohydrate, by difference	g	6.20	3.16
Fiber, total dietary	g	0.0	0.0
Minerals			
Calcium, Ca	mg	2	1
Iron, Fe	mg	0.13	0.07
Magnesium, Mg	mg	2	1
Phosphorus, P	mg	0	0
Potassium, K	mg	26	13
Sodium, Na	mg	5	3
Zinc, Zn	mg	0.04	0.02
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.000	0.000
Riboflavin	mg	0.000	0.000
Niacin	mg	0.150	0.076
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	1	1
Lipids			
Fatty acids, total saturated	g	0.000	0.000

Nutrient	Unit	1 Value Per100 g	1 bar 51g	
Cholesterol	mg	0		0
Amino Acids				
Other				