

Basic Report 19260, Ice creams, vanilla, light, no sugar added

Report Date: June 16, 2019 04:44 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 serving 1/2 cup 68g
Proximates			
Water	g	65.52	44.55
Energy	kcal	169	115
Protein	g	3.97	2.70
Total lipid (fat)	g	7.45	5.07
Carbohydrate, by difference	g	21.42	14.57
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	6.46	4.39
Minerals			
Calcium, Ca	mg	136	92
Iron, Fe	mg	0.19	0.13
Magnesium, Mg	mg	9	6
Phosphorus, P	mg	75	51
Potassium, K	mg	196	133
Sodium, Na	mg	96	65
Zinc, Zn	mg	0.31	0.21
Vitamins			
Vitamin C, total ascorbic acid	mg	0.9	0.6
Thiamin	mg	0.029	0.020
Riboflavin	mg	0.122	0.083
Niacin	mg	0.074	0.050
Vitamin B-6	mg	0.029	0.020
Folate, DFE	µg	4	3
Vitamin B-12	µg	0.52	0.35
Vitamin A, RAE	µg	86	58
Vitamin A, IU	IU	302	205
Vitamin E (alpha-tocopherol)	mg	0.29	0.20

Nutrient	Unit	1 Value Per100 g	1 serving 1/2 cup 68g
Vitamin D (D2 + D3)	µg	0.1	0.1
Vitamin D	IU	5	3
Vitamin K (phylloquinone)	µg	2.8	1.9
Lipids			
Fatty acids, total saturated	g	4.048	2.753
Fatty acids, total monounsaturated	g	1.855	1.261
Fatty acids, total polyunsaturated	g	0.740	0.503
Cholesterol	mg	27	18
Amino Acids			
Other			
Caffeine	mg	0	0