

Basic Report 19270, Ice creams, chocolate

Report Date: August 16, 2017 17:29 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 individual (3.5 fl oz) 58g	0.5 cup (4 fl oz) 66g
Proximates				
Water	g	55.70	32.31	36.76
Energy	kcal	216	125	143
Protein	g	3.80	2.20	2.51
Total lipid (fat)	g	11.00	6.38	7.26
Carbohydrate, by difference	g	28.20	16.36	18.61
Fiber, total dietary	g	1.2	0.7	0.8
Sugars, total	g	25.36	14.71	16.74
Minerals				
Calcium, Ca	mg	109	63	72
Iron, Fe	mg	0.93	0.54	0.61
Magnesium, Mg	mg	29	17	19
Phosphorus, P	mg	107	62	71
Potassium, K	mg	249	144	164
Sodium, Na	mg	76	44	50
Zinc, Zn	mg	0.58	0.34	0.38
Vitamins				
Vitamin C, total ascorbic acid	mg	0.7	0.4	0.5
Thiamin	mg	0.042	0.024	0.028
Riboflavin	mg	0.194	0.113	0.128
Niacin	mg	0.226	0.131	0.149
Vitamin B-6	mg	0.055	0.032	0.036
Folate, DFE	µg	16	9	11
Vitamin B-12	µg	0.29	0.17	0.19
Vitamin A, RAE	µg	118	68	78
Vitamin A, IU	IU	416	241	275
Vitamin E (alpha-tocopherol)	mg	0.30	0.17	0.20

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Vitamin D (D2 + D3)	µg	0.2	0.1	0.1
Vitamin D	IU	8	5	5
Vitamin K (phylloquinone)	µg	0.3	0.2	0.2
Lipids				
Fatty acids, total saturated	g	6.800	3.944	4.488
Fatty acids, total monounsaturated	g	3.210	1.862	2.119
Fatty acids, total polyunsaturated	g	0.410	0.238	0.271
Cholesterol	mg	34	20	22
Amino Acids				
Other				
Caffeine	mg	3	2	2