

## Basic Report 19270, Ice creams, chocolate

Report Date: December 17, 2017 14:25 EST

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
<b>Proximates</b>				
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
<b>Minerals</b>				
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
<b>Vitamins</b>				
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
<b>Lipids</b>				
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
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	3	2	2