

**Basic Report 19876, Ice creams, BREYERS, All Natural Light French Vanilla**

**Report Date: July 23, 2017 08:49 EDT**

Nutrient values and weights are for edible portion.

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 serving 1/2 cup 68g</b>
<b>Proximates</b>			
Water	g	62.71	42.64
Energy	kcal	173	118
Protein	g	4.82	3.28
Total lipid (fat)	g	5.56	3.78
Carbohydrate, by difference	g	26.03	17.70
Fiber, total dietary	g	0.2	0.1
Sugars, total	g	21.11	14.35
<b>Minerals</b>			
Calcium, Ca	mg	155	105
Iron, Fe	mg	0.21	0.14
Sodium, Na	mg	73	50
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.9	0.6
Vitamin A, IU	IU	489	333
<b>Lipids</b>			
Fatty acids, total saturated	g	3.220	2.190
Cholesterol	mg	53	36
<b>Amino Acids</b>			
<b>Other</b>			