

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

Report Date: September 22, 2017 09:33 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 serving 1/2 cup 68g
Proximates			
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
Minerals			
Calcium, Ca	mg	155	105
Iron, Fe	mg	0.21	0.14
Sodium, Na	mg	73	50
Vitamins			
Vitamin C, total ascorbic acid	mg	0.9	0.6
Vitamin A, IU	IU	489	333
Lipids			
Fatty acids, total saturated	g	3.220	2.190
Cholesterol	mg	53	36
Amino Acids			
Other			