

**Full Report (All Nutrients) 19876, Ice creams, BREYERS, All Natural Light French Vanilla**

**Report Date: February 21, 2018 04:34 EST**

Nutrient values and weights are for edible portion.

Food Group : Sweets

**Nitrogen to Protein Conversion Factor:6.25**

Manufacturer Good Humor - Breyers Ice Cream

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving 1/2 cup 68g
<b>Proximates</b>					
Water	g	62.71	--	--	42.64
Energy	kcal	173	1	--	118
Energy	kJ	723	--	--	492
Protein	g	4.82	1	--	3.28
Total lipid (fat)	g	5.56	1	--	3.78
Ash	g	0.88	--	--	0.60
Carbohydrate, by difference	g	26.03	1	--	17.70
Fiber, total dietary	g	0.2	1	--	0.1
Sugars, total	g	21.11	1	--	14.35
<b>Minerals</b>					
Calcium, Ca	mg	155	1	--	105
Iron, Fe	mg	0.21	1	--	0.14
Sodium, Na	mg	73	1	--	50
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.9	1	--	0.6
Vitamin A, IU	IU	489	1	--	333
<b>Lipids</b>					
Fatty acids, total saturated	g	3.220	1	--	2.190
Cholesterol	mg	53	1	--	36
<b>Amino Acids</b>					
<b>Other</b>					