

Basic Report 19892, Frozen novelties, Sugar Free, CREAMSICLE Pops

Report Date: July 20, 2019 01:45 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 serving 2 pops 80g
Proximates			
Water	g	82.38	65.90
Energy	kcal	49	39
Protein	g	1.37	1.10
Total lipid (fat)	g	2.33	1.86
Carbohydrate, by difference	g	11.95	9.56
Fiber, total dietary	g	7.5	6.0
Sugars, total	g	0.43	0.34
Minerals			
Calcium, Ca	mg	23	18
Iron, Fe	mg	0.03	0.02
Sodium, Na	mg	6	5
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Vitamin A, IU	IU	0	0
Lipids			
Fatty acids, total saturated	g	2.000	1.600
Cholesterol	mg	0	0
Amino Acids			
Other			