

Basic Report 01073, Dessert topping, semi solid, frozen

Report Date: October 24, 2017 01:47 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 75g	1 tbsp 4g
Proximates				
Water	g	50.21	37.66	2.01
Energy	kcal	318	238	13
Protein	g	1.25	0.94	0.05
Total lipid (fat)	g	25.31	18.98	1.01
Carbohydrate, by difference	g	23.05	17.29	0.92
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	23.05	17.29	0.92
Minerals				
Calcium, Ca	mg	6	4	0
Iron, Fe	mg	0.12	0.09	0.00
Magnesium, Mg	mg	2	2	0
Phosphorus, P	mg	8	6	0
Potassium, K	mg	18	14	1
Sodium, Na	mg	25	19	1
Zinc, Zn	mg	0.03	0.02	0.00
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.000	0.000	0.000
Riboflavin	mg	0.000	0.000	0.000
Niacin	mg	0.000	0.000	0.000
Vitamin B-6	mg	0.000	0.000	0.000
Folate, DFE	µg	0	0	0
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	7	5	0
Vitamin A, IU	IU	143	107	6
Vitamin E (alpha-tocopherol)	mg	0.96	0.72	0.04

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	6.3	4.7	0.3
Lipids				
Fatty acids, total saturated	g	21.783	16.337	0.871
Fatty acids, total monounsaturated	g	1.616	1.212	0.065
Fatty acids, total polyunsaturated	g	0.523	0.392	0.021
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0