

Basic Report 42131, Milk dessert, frozen, milk-fat free, chocolate

Report Date: March 22, 2018 10:04 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 137g
Proximates			
Water	g	56.00	76.72
Energy	kcal	167	229
Protein	g	4.30	5.89
Total lipid (fat)	g	1.00	1.37
Carbohydrate, by difference	g	37.70	51.65
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	37.70	51.65
Minerals			
Calcium, Ca	mg	154	211
Iron, Fe	mg	0.04	0.05
Magnesium, Mg	mg	45	62
Phosphorus, P	mg	123	169
Potassium, K	mg	333	456
Sodium, Na	mg	97	133
Zinc, Zn	mg	0.47	0.64
Vitamins			
Vitamin C, total ascorbic acid	mg	0.7	1.0
Thiamin	mg	0.050	0.069
Riboflavin	mg	0.260	0.356
Niacin	mg	0.100	0.137
Vitamin B-6	mg	0.040	0.055
Folate, DFE	µg	6	8
Vitamin B-12	µg	0.55	0.75
Vitamin A, RAE	µg	2	3
Vitamin A, IU	IU	30	41
Vitamin E (alpha-tocopherol)	mg	0.00	0.00

Nutrient	Unit	1 Value Per100 g	1 cup 137g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0
Lipids			
Fatty acids, total saturated	g	0.597	0.818
Fatty acids, total monounsaturated	g	0.329	0.451
Fatty acids, total polyunsaturated	g	0.030	0.041
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	3	4