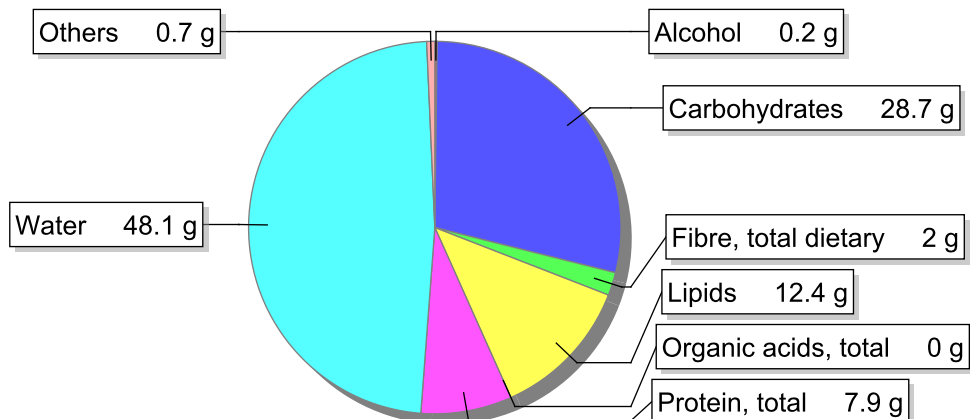


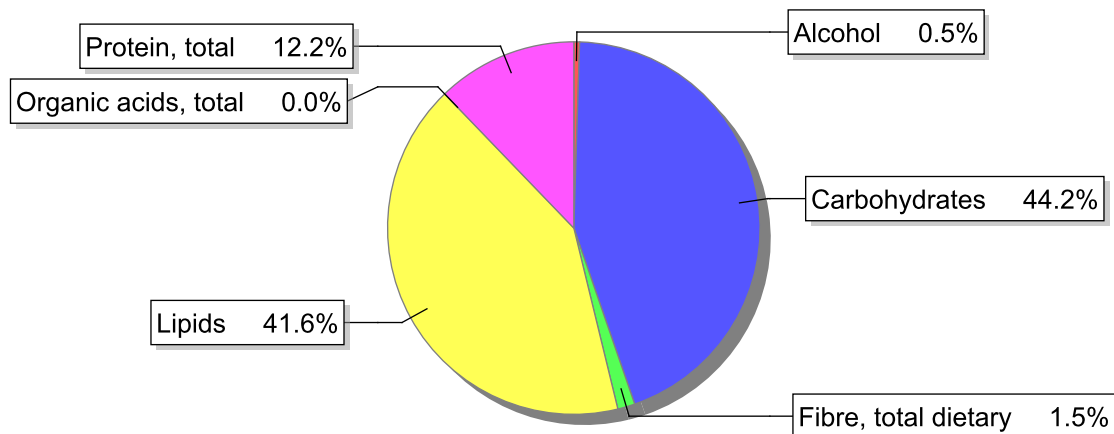
Food

Name: Ice cream, with cookies "la Reine", homemade
Group: Milk and milk products
Subgroup: Ice-cream
Edible Part: 100%
Code: IS519
FoodEX2 Code: A02QA

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
Energy value			
energy kcal, total metabolisable	263	kcal	
energy kJ, total metabolisable	1100	kJ	
Macro nutrients			
Lipids		g	
fatty acids, total saturated	2.4	g	
fatty acids, total monounsaturated	6.3	g	
fatty acids, total polyunsaturated	2.5	g	
fatty acid 18:2 n-6 cis,cis	2.34	g	

Name	Value	Unit	Source(s)
fatty acids, total trans	0.1	g	
Carbohydrates		g	
sugars, total	23	g	
sucrose	20.7	g	
lactose	2.2	g	
oligosaccharides, available	0	g	
starch, total	5.7	g	
salt	0.1	g	
fibre, total dietary	2	g	
protein, total	7.9	g	
alcohol	0.2	g	
water	48.1	g	
organic acids, total	0	g	
cholesterol	119	mg	
Vitamins			
vitamin A; retinol equiv from retinol and carotenoid activities	70	µg	
carotene, total (vitamin A precursors)	5	µg	
vitamin D	0.7	µg	
alpha-tocopherol	3.85	mg	
thiamin	0.08	mg	
riboflavin	0.29	mg	
niacin, preformed	0.44	mg	
niacin equivalents, total	2.09	mg	
niacin equivalents from tryptophan	1.64	mg	
vitamin B-6, total	0.13	mg	
vitamin B-12	0.49	µg	
vitamin C	0.1	mg	
folate, total	22	µg	
Minerals			
ash	1.10	g	
sodium	38	mg	
potassium	220	mg	
calcium	110	mg	
phosphorus	160	mg	
magnesium	43	mg	
iron, total	1.4	mg	
zinc	1.1	mg	

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References