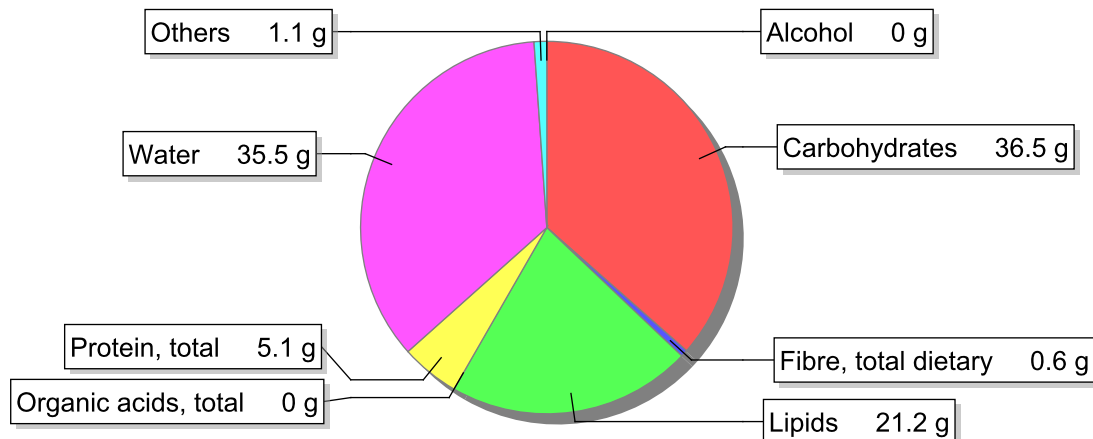


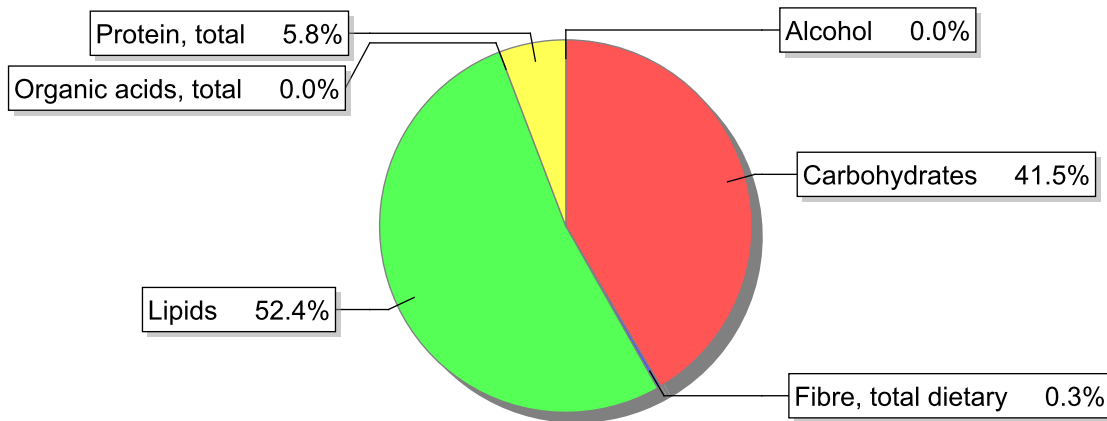
**Food**

**Name:** Ice cream, with biscuits and cream, homemade  
**Group:** Milk and milk products  
**Subgroup:** Ice-cream  
**Edible Part:** 100%  
**Code:** IS518  
**FoodEX2 Code:** A02QA

**Composition [g/100g]**



**Energy**



**Nutritive content per 100g edible portion**

Name	Value	Unit	Source(s)
<b>Energy value</b>			
energy kcal, total metabolisable	358	kcal	
energy kJ, total metabolisable	1500	kJ	
<b>Macro nutrients</b>			
Lipids		g	
fatty acids, total saturated	12.2	g	
fatty acids, total monounsaturated	5.1	g	
fatty acids, total polyunsaturated	0.8	g	
fatty acid 18:2 n-6 cis,cis	0.7	g	

Name	Value	Unit	Source(s)
fatty acids, total trans	0.6	g	
Carbohydrates		g	
sugars, total	28.2	g	
sucrose	21.8	g	
lactose	6	g	
oligosaccharides, available	0	g	
starch, total	8.3	g	
salt	0.2	g	
fibre, total dietary	0.6	g	
protein, total	5.1	g	
alcohol	0	g	
water	35.5	g	
organic acids, total	0	g	
cholesterol	62	mg	
<b>Vitamins</b>			
vitamin A; retinol equiv from retinol and carotenoid activities	242	µg	
carotene, total (vitamin A precursors)	122	µg	
vitamin D	0.1	µg	
alpha-tocopherol	0.9	mg	
thiamin	0.04	mg	
riboflavin	0.34	mg	
niacin, preformed	0.92	mg	
niacin equivalents, total	2.08	mg	
niacin equivalents from tryptophan	1.16	mg	
vitamin B-6, total	0.05	mg	
vitamin B-12	0.28	µg	
vitamin C	0	mg	
folate, total	9.4	µg	
<b>Minerals</b>			
ash	1.08	g	
sodium	86	mg	
potassium	240	mg	
calcium	160	mg	
phosphorus	130	mg	
magnesium	23	mg	
iron, total	0.4	mg	
zinc	0.7	mg	

## Legend

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

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## References