

Food

Name: Ice cream, with biscuits and cream, homemade

Group: Milk and milk products

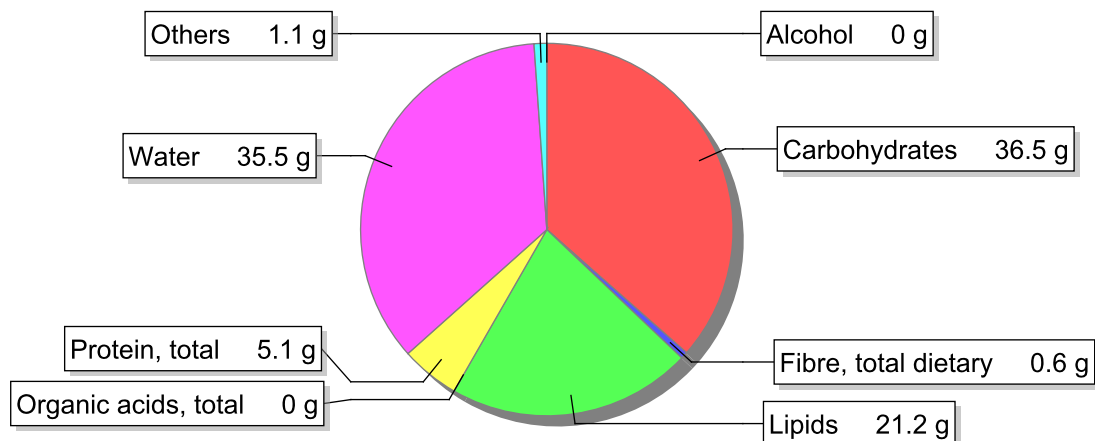
Subgroup: Ice-cream

Edible Part: 100%

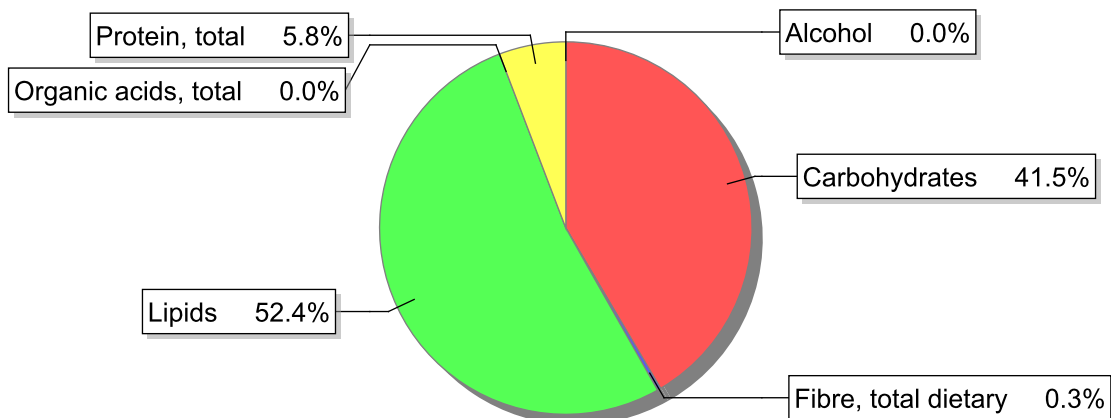
Code: IS518

FoodEX2 Code: A02QA

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	358	kcal	
energy kJ, total metabolisable	1500	kJ	
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	
fatty acids, total trans	0.6	g	
sugars, total	28.2	g	
sucrose	21.8	g	

Name	Value	Unit	Source(s)
lactose	6	g	
oligosaccharides, available	0	g	
starch, total	8.3	g	
protein, total	5.1	g	
alcohol	0	g	
water	35.5	g	
organic acids, total	0	g	
cholesterol	62	mg	
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	
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

References