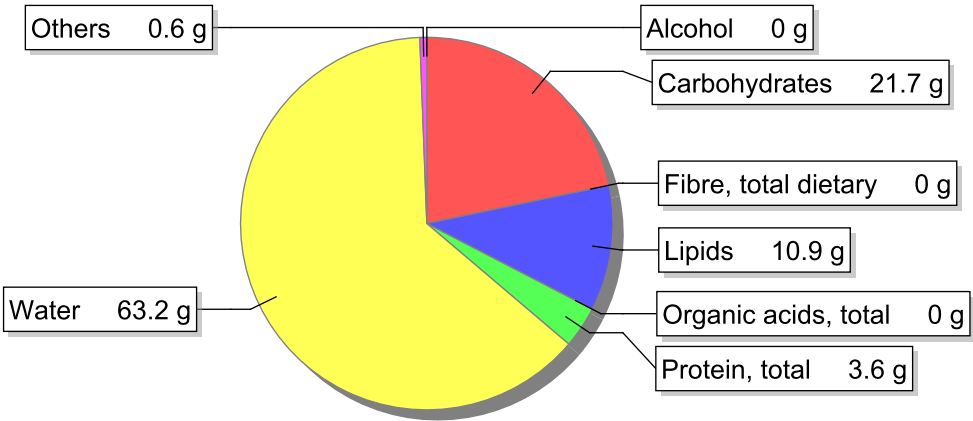


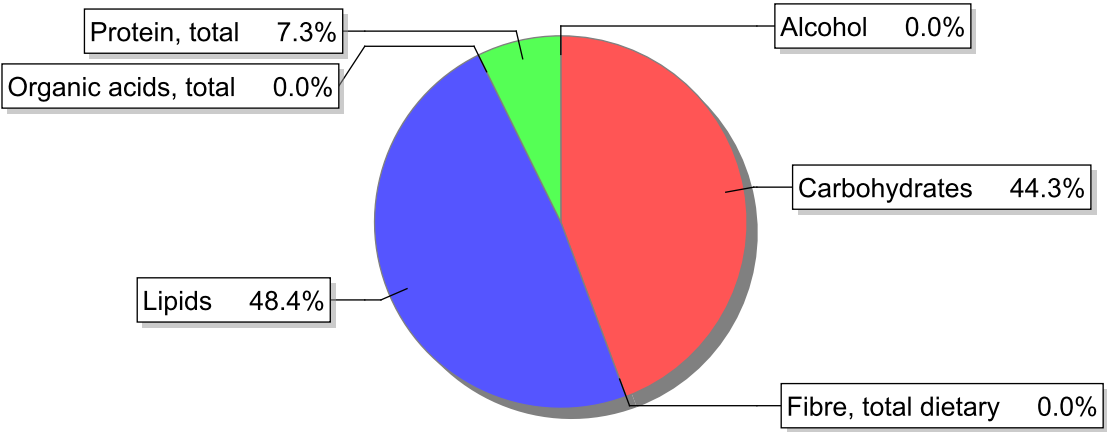
Food

Name: Ice cream, made up with milk
Group: Milk and milk products
Subgroup: Ice-cream
Edible Part: 100%
Code: IS514
FoodEX2 Code: A02QA

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	199	kcal	
energy kJ, total metabolisable	833	kJ	
fatty acids, total saturated	6.1	g	
fatty acids, total monounsaturated	2.5	g	
fatty acids, total polyunsaturated	0.3	g	
fatty acid 18:2 n-6 cis,cis	0.3	g	
fatty acids, total trans	0.4	g	
sugars, total	21.7	g	
sucrose	12.3	g	

Name	Value	Unit	Source(s)
lactose	5.2	g	
oligosaccharides, available	2	g	
fibre, total dietary	0	g	
protein, total	3.6	g	
alcohol	0	g	
water	63.2	g	
organic acids, total	0	g	
cholesterol	33	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	115	µg	
carotene, total (vitamin A precursors)	195	µg	
vitamin D	0.1	µg	
alpha-tocopherol	0.2	mg	
thiamin	0.04	mg	
riboflavin	0.21	mg	
niacin, preformed	0.1	mg	
niacin equivalents, total	0.9	mg	
niacin equivalents from tryptophan	0.8	mg	
vitamin B-6, total	0.08	mg	
vitamin B-12	0.4	µg	
vitamin C	1	mg	
folate, total	5	µg	
ash	0.63	g	
sodium	56	mg	
potassium	180	mg	
calcium	140	mg	
phosphorus	120	mg	
magnesium	14	mg	
iron, total	0.1	mg	
zinc	0.4	mg	

Legend

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

References