

**Food ID:** J008**Food name and Description:** Ice cream**Scientific name:** N/A**Alternate/Common name(s):** Sorbetes/Street ice cream**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	71.5
Energy, calculated (kcal)	157
Protein (g)	4.2
Total Fat (g)	9.5
Carbohydrate, total (g)	13.7
Ash, total (g)	1.1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.5
Sugars, total (g)	12.9

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	169
Phosphorus, P (mg)	101
Iron, Fe (mg)	0.3
Sodium, Na (mg)	58

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	25
beta-Carotene (µg)	16
Retinol Activity Equivalent, RAE (µg)	26
Thiamin, Vitamin B1 (mg)	0
Riboflavin, Vitamin B2 (mg)	0.16
Niacin (mg)	0.2
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	5.87
Fatty acids, monounsaturated, total (g)	2.67
Fatty acids, polyunsaturated, total(g)	0.37
Cholesterol (mg)	33