



Food ID: J009

Food name and Description: Ice cream, strawberry flvr

Scientific name:

Alternate/Common name(s): Sorbetes, lasang strawberry

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	67.2
Energy, calculated (kcal)	183
Protein (g)	3.4
Total Fat (g)	10.9
Carbohydrate, total (g)	17.7
Ash, total (g)	0.8

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.7
Sugars, total (g)	14.8

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	130
Phosphorus, P (mg)	78
Iron, Fe (mg)	0.4
Sodium, Na (mg)	49

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	30
beta-Carotene (µg)	75
Retinol Activity Equivalent, RAE (µg)	36
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.23
Niacin (mg)	0.1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	6.73
Fatty acids, monounsaturated, total (g)	3.06
Fatty acids, polyunsaturated, total(g)	0.43
Cholesterol (mg)	38