



**Food ID:** R091

**Food name and Description:** Ice candy, prep, w/ MLP

**Scientific name:**

**Alternate/Common name(s):** Frozen refreshment w/ MLP

**Edible portion:** 100%

### **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	77
Energy, calculated (kcal)	96
Protein (g)	1.4
Total Fat (g)	1.1
Carbohydrate, total (g)	20.1
Ash, total (g)	0.4

### **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3.8
Sugars, total (g)	10.2

### **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	65
Phosphorus, P (mg)	37
Iron, Fe (mg)	0.2
Sodium, Na (mg)	21

### **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	75
beta-Carotene (µg)	301
Retinol Activity Equivalent, RAE (µg)	100
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.09
Niacin (mg)	0.2
Ascorbic Acid, Vitamin C (mg)	5

### **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.05
Fatty acids, monounsaturated, total (g)	0
Fatty acids, polyunsaturated, total(g)	0
Cholesterol (mg)	1