



Republic of the Philippines

Department of Science and Technology

FOOD AND NUTRITION RESEARCH INSTITUTE

General Santos Avenue, Bicutan, Taguig City, Philippines



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