



Desserts & Ice Cream - Nutrition information per 100g



Dessert or Ice Cream		Contains									
Name	Serves	Energy (kcal)	Energy (kj)	Protein (g)	Carbo- hydrate (g)	of which Sugars (g)	Fat (g)	of which Saturates (g)	Fibre (g)	Sodium (g)	Salt (g)
Chocolate Fudge Cake	1	342	1443	3.4	32.6	43.7	11.3	2.9	2.1	0.1	0.4
Banoffi Cream Pie	1	335	1478	4.6	31	24.3	23.5	14.4	0.9	0	0.3
American Apple Pie	1	203	852	3	28.4	8.7	2.9	2.9	0.8	0.2	0.5
Haagen-Dazs 100ml Vanilla Minicup	1	224	935	3.8	18.1	12.8	15.2	9.3	0	0.04	0.1
Haagen-Dazs 100ml Cookies & Cream Minicup	1	226	944	3.8	19.6	13.1	14.7	9.3	0.2	0.08	0.2
Haagen-Dazs 100ml Strawbery Cheesecake Minicup	1	235	980	3.4	26.1	19.3	12.9	8.1	0.3	0.08	0.2
Haagen-Dazs 100ml Belgian Chocolate Minicup	1	281	1168	3.9	23.8	19.5	18.5	11.1	1.7	0.04	0.1
Haagen-Dazs 500ml Cookies & Cream	2	226	944	3.8	19.6	13.1	14.7	9.3	0.2	0.08	0.2
Haagen-Dazs 500ml Strawberry Cheesecake	2	235	980	3.4	26.1	19.3	12.9	8.1	0.3	0.08	0.2
Haagen-Dazs 500ml Belgian Chocolate	2	281	1168	3.9	23.8	19.5	18.5	11.1	1.7	0.04	0.1
Haagen-Dazs 500ml Cookie Dough Chip	2	256	1065	3.5	23.6	15.9	16.3	10.2	0.3	0.08	0.2