



# Desserts & Ice Cream - Nutrition information per Portion



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	308	1299	3.1	29.3	39.3	10.1	2.6	1.9	0.1	0.4
Hanky Panky Toffee Pie	1	435	1809	3.3	32.8	26.6	31.8	18.1	0.4	0.1	0.2
American Apple Pie	1	82	341	1.2	11.4	3.5	1.2	1.2	0.3	0.1	0.2
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 Strawberry 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	3	375	1567	6.3	32.5	21.7	24.4	15.4	0.3	0.13	0.3
Haagen-Dazs 500ml Strawberry Cheesecake	3	390	1627	5.6	43.3	32	21.4	13.4	0.5	0.13	0.3
Haagen-Dazs 500ml Belgian Chocolate	3	466	1939	6.5	39.5	32.4	30.7	18.4	2.8	0.13	0.2
Haagen-Dazs 500ml Cookie Dough Chip	3	425	1768	5.8	39.2	26.4	27.1	16.9	0.5	0.13	0.3