

Dessert (100g serving)	Calories	Fat (g)	Carbs (g)	Fiber (g)
Frozen yoghurt	159	6	22	0.5
Ice cream sandwich	237	9	37	4.3
Eclair	262	16	24	6
Cupcake	305	3.7	67	4.3
Gingerbread	356	16	49	3.9

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