

| Dessert (100g serving) | Calories | Fat (g) | Carbs (g) | Fiber (g) |
|------------------------|----------|---------|-----------|-----------|
| Frozen yoghurt         | 159      | 6       | 29        | 0         |
| 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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