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Ambrosia custard nutritional information

Main information: Devon Custard President's Choice 1/2 cup 140.0 calories 23.0 grams carbohydrates 4.0 grams fat 4.0 grams of protein 0 grams fiber 5.0 cholesterol 2.5 grams saturated fat 0 mg sodium 0 grams of sugar 0 grams of trans fat Report a problem with this food Note: Any items purchased after clicking on our Amazon buttons will give us a small reference bonus. If you click on them, thanks! Search All Ambrosia Devon Custard 425 g Benefits: Weaknesses: Common Allergens: Ambrosia61%30gCarbs27%6gFat12%6gProteinHow does this food fit into your daily goals? Activity required to burn: 217 calories33Cycling minutes 22Minutes Running 1.3Hours Cleaning Light - Have a job that involves long session periods (office-based /driving) or are home-based and seated for most of the day. Typical jobs: office worker, sales representative, bus/taxi/truck driver. Moderate - On your feet for most of the day, either standing or occasionally walking slow. Typical jobs: shop assistant, teacher, chef/cook, bar clerk, engineer. Heavy - Active for most of the day, walking non-stop and carrying objects. Typical jobs: hospital nurse/ward, waitress in a busy restaurant, janitor, porter, worker/mason, gardener, rural worker. Inactive Leisure Activity Level - Do very little exercise by going for the occasional walk (moderate pace, low intensity). Spend most of your leisure time doing activities like watching TV, playing computer games, on the internet, reading, cooking, driving, household chores in general. Moderately active - Exercise mild to moderate intensity 3-4 times a week. For example, go to the gym/swimming/cycling/horse riding/dancing lessons/playing golf. Daily dog walk (fast pace, twice a day). Very active - You exercise almost every day of the week doing high intensity training, such as running, spinning, teaming or competitive sports. Or regularly carry out activities like heavy gardening, DIY heavy lifting.