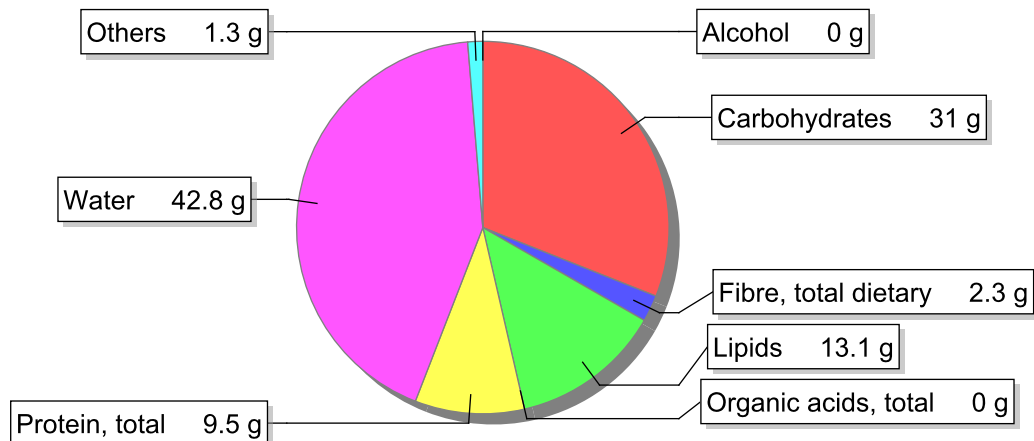


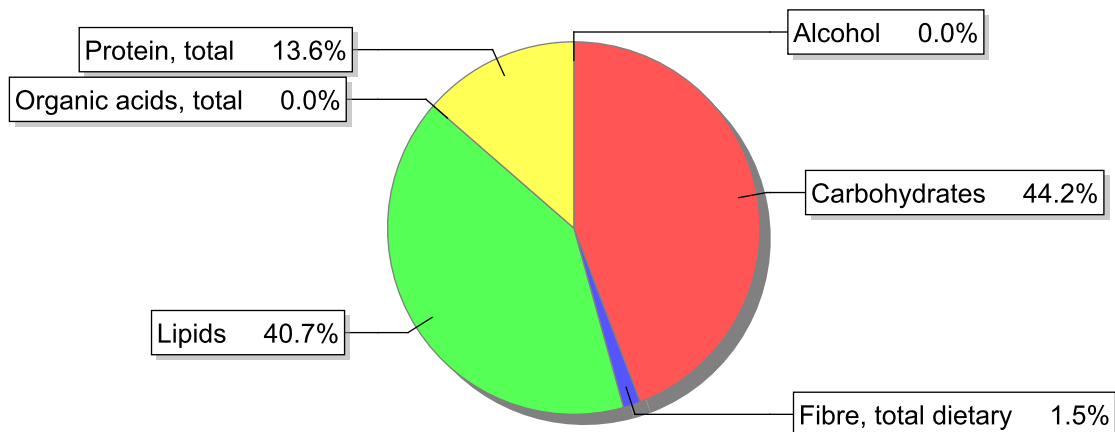
Food

Name: Mousse, chocolate
Group: Desserts
Subgroup:
Edible Part: 100%
Code: IS501
FoodEX2 Code: A04NS

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
Energy value			
energy kcal, total metabolisable	285	kcal	
energy kJ, total metabolisable	1190	kJ	
Macro nutrients			
Lipids		g	
fatty acids, total saturated	5.7	g	
fatty acids, total monounsaturated	4.6	g	
fatty acids, total polyunsaturated	1.5	g	
fatty acid 18:2 n-6 cis,cis	1.41	g	

Name	Value	Unit	Source(s)
fatty acids, total trans	0	g	
Carbohydrates		g	
sugars, total	30	g	
sucrose	29.2	g	
lactose	0.8	g	
oligosaccharides, available	0	g	
starch, total	1	g	
salt	0.2	g	
fibre, total dietary	2.3	g	
protein, total	9.5	g	
alcohol	0	g	
water	42.8	g	
organic acids, total	0	g	
cholesterol	256	mg	
Vitamins			
vitamin A; retinol equiv from retinol and carotenoid activities	122	µg	
carotene, total (vitamin A precursors)	12	µg	
vitamin D	1.1	µg	
alpha-tocopherol	1.5	mg	
thiamin	0.13	mg	
riboflavin	0.34	mg	
niacin, preformed	0.68	mg	
niacin equivalents, total	3.33	mg	
niacin equivalents from tryptophan	2.67	mg	
vitamin B-6, total	0.23	mg	
vitamin B-12	0.63	µg	
vitamin C	0	mg	
folate, total	35	µg	
Minerals			
ash	1.30	g	
sodium	91	mg	
potassium	200	mg	
calcium	41	mg	
phosphorus	160	mg	
magnesium	38	mg	
iron, total	2	mg	
zinc	1.2	mg	

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References