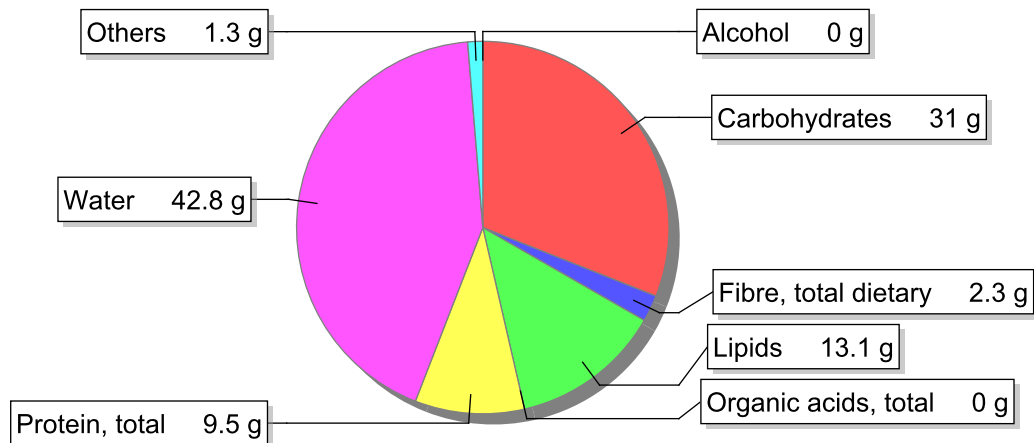


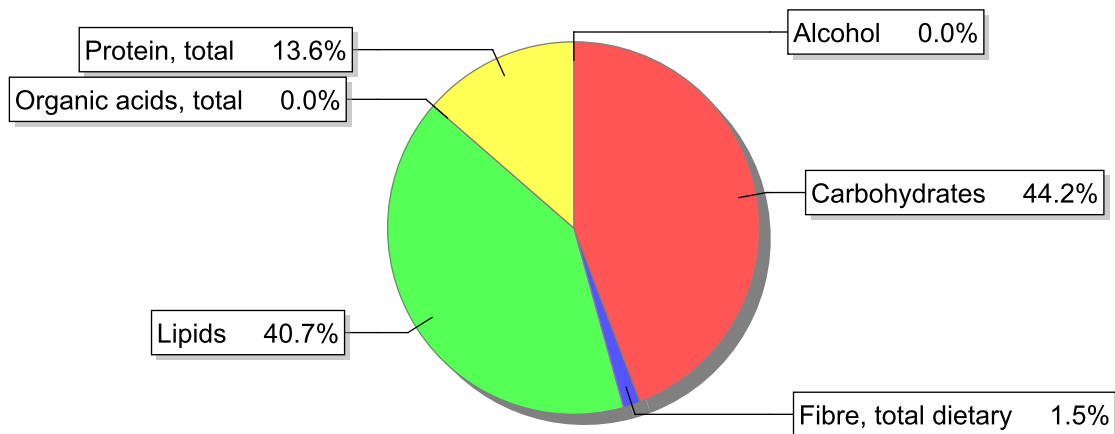
Food

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