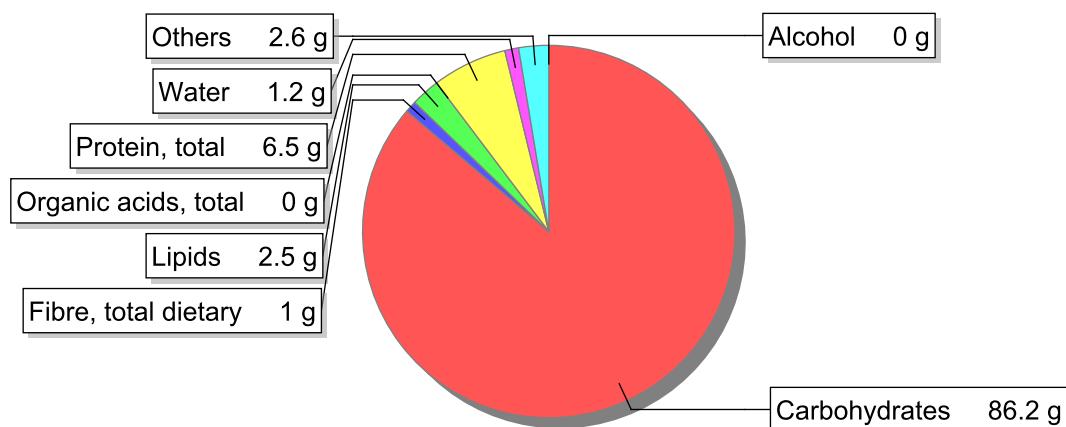


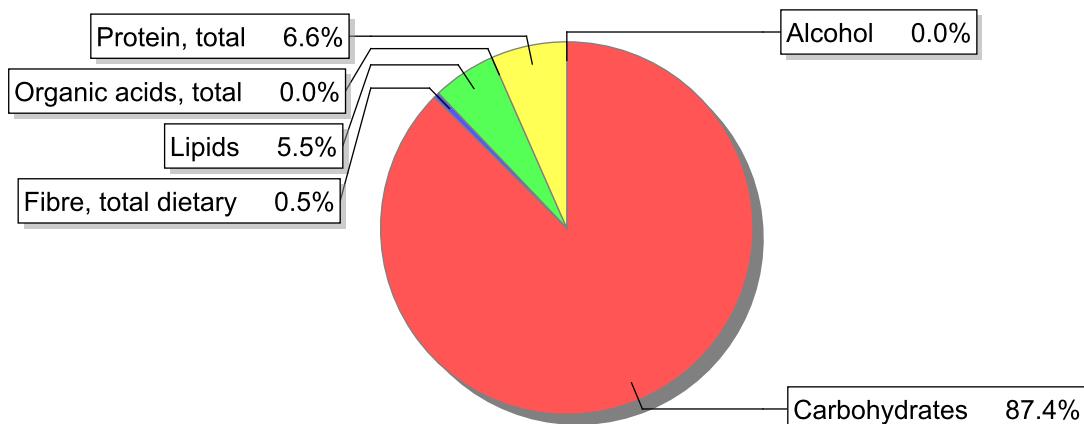
## Food

**Name:** Chocolate powder, low fat,  
**Group:** Cocoa and cocoa products  
**Subgroup:**  
**Edible Part:** 100%  
**Code:** IS509  
**FoodEX2 Code:** A0EQS

## Composition [g/100g]



## Energy



## Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	395	kcal	
energy kJ, total metabolisable	1680	kJ	
fatty acids, total saturated	1.1	g	
fatty acids, total monounsaturated	0.6	g	
fatty acids, total polyunsaturated	0.2	g	
fatty acid 18:2 n-6 cis,cis	0.2	g	
fatty acids, total trans	0	g	
sugars, total	73.4	g	57
sucrose	73.4	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	1	g	57
protein, total	6.5	g	57
alcohol	0	g	
water	1.2	g	57
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0	µg	
alpha-tocopherol	0.1	mg	
thiamin	0.06	mg	57
riboflavin	2.2	mg	57
niacin, preformed	7.9	mg	57
niacin equivalents, total	9.8	mg	
niacin equivalents from tryptophan	1.9	mg	
vitamin B-6, total	0.05	mg	
vitamin B-12	0	µg	
vitamin C	12	mg	57
folate, total	3	µg	
ash	3.30	g	
sodium	220	mg	57
potassium	730	mg	57
calcium	120	mg	57
phosphorus	220	mg	57
magnesium	100	mg	57
iron, total	3.2	mg	
zinc	1.6	mg	57

## Legend

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

## References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB