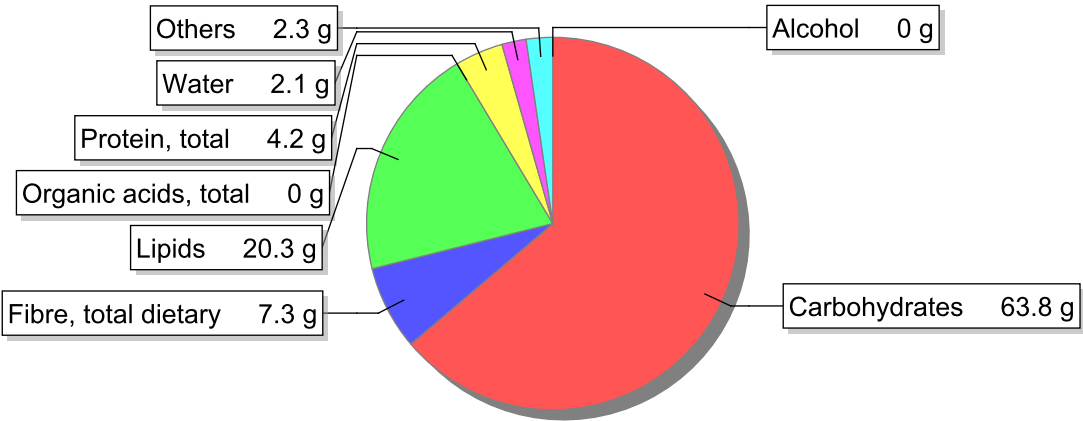


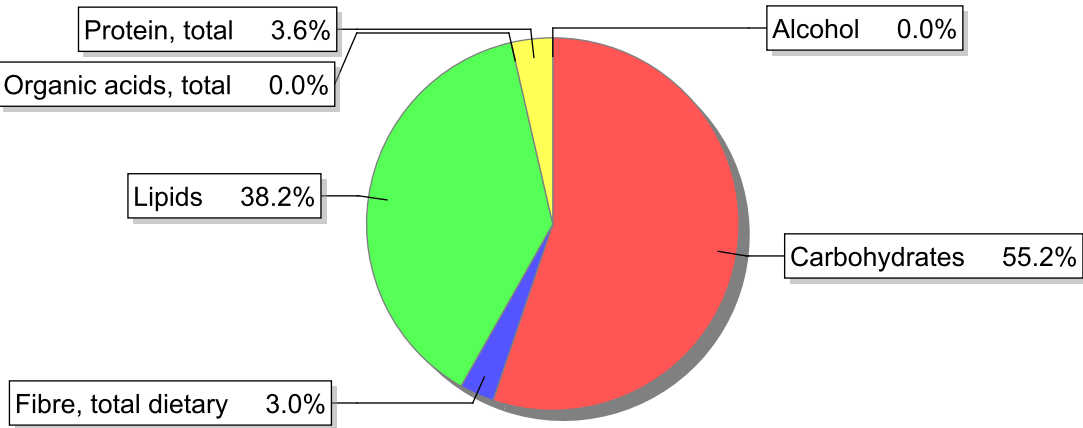
Food

Name: Chocolate, powder (for cooking)
Group: Cocoa and cocoa products
Subgroup:
Edible Part: 100%
Code: IS507
FoodEX2 Code: A0EQS

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	469	kcal	
energy kJ, total metabolisable	1970	kJ	
fatty acids, total saturated	12.8	g	
fatty acids, total monounsaturated	6.8	g	
fatty acids, total polyunsaturated	0.7	g	
fatty acid 18:2 n-6 cis,cis	0.7	g	
fatty acids, total trans	0	g	
sugars, total	60.5	g	
sucrose	58.1	g	

Name	Value	Unit	Source(s)
lactose	2.4	g	
oligosaccharides, available	0	g	
fibre, total dietary	7.3	g	
protein, total	4.2	g	57
alcohol	0	g	
water	2.1	g	57
organic acids, total	0	g	
cholesterol	0	mg	57
vitamin A; retinol equiv from retinol and carotenoid activities	7	µg	
carotene, total (vitamin A precursors)	39	µg	57
vitamin D	0	µg	
alpha-tocopherol	0.18	mg	
thiamin	0.27	mg	57
riboflavin	0.2	mg	57
niacin, preformed	2.1	mg	57
niacin equivalents, total	3	mg	
niacin equivalents from tryptophan	0.9	mg	
vitamin B-6, total	0.02	mg	
vitamin B-12	0	µg	
vitamin C	0	mg	57
folate, total	10	µg	
ash	2.30	g	
sodium	11	mg	57
potassium	390	mg	57
calcium	42	mg	57
phosphorus	150	mg	57
magnesium	100	mg	57
iron, total	2.2	mg	57
zinc	1.1	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