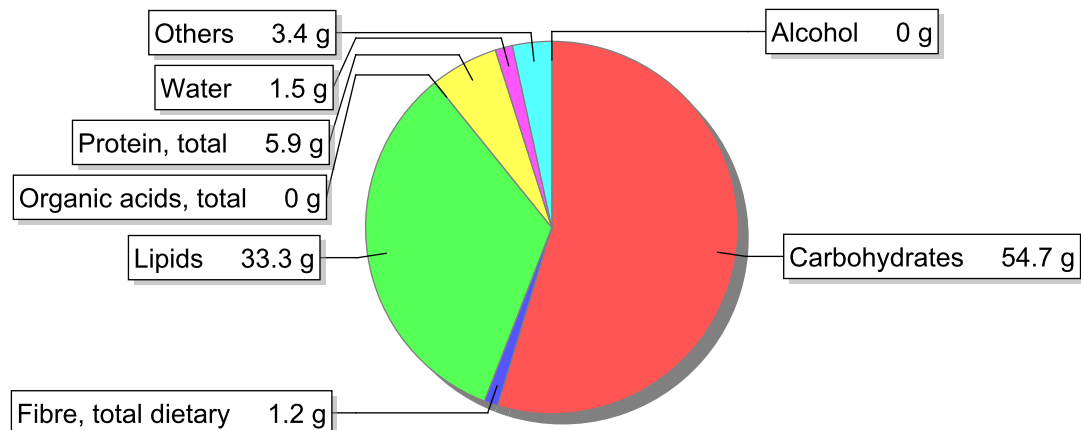


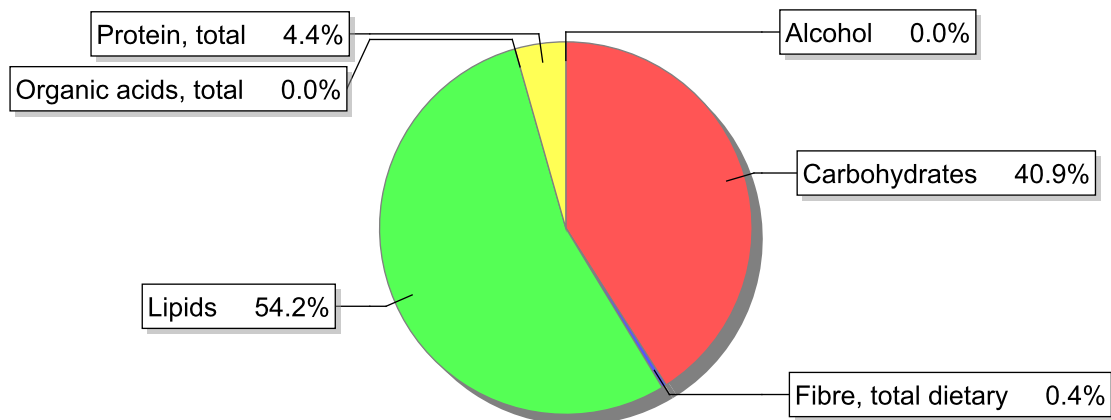
Food

Name: Chocolate nut spread (6 brands)
Group: Cocoa and cocoa products
Subgroup:
Edible Part: 100%
Code: IS372
FoodEX2 Code: A0C6P

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	545	kcal	
energy kJ, total metabolisable	2270	kJ	
fatty acids, total saturated	8.2	g	
fatty acids, total monounsaturated	17.6	g	
fatty acids, total polyunsaturated	6.1	g	
fatty acid 18:2 n-6 cis,cis	5.9	g	
fatty acids, total trans	2	g	
sugars, total	53.4	g	
sucrose	52	g	

Name	Value	Unit	Source(s)
lactose	1.4	g	
oligosaccharides, available	0	g	
fibre, total dietary	1.2	g	
protein, total	5.9	g	
alcohol	0	g	
water	1.5	g	
organic acids, total	0	g	
cholesterol	2	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	1	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0	µg	
alpha-tocopherol	5	mg	
thiamin	0.07	mg	
riboflavin	0.15	mg	
niacin, preformed	0.5	mg	
niacin equivalents, total	1.9	mg	
niacin equivalents from tryptophan	1.4	mg	
vitamin B-6, total	0.1	mg	
vitamin B-12	0.7	µg	
vitamin C	0	mg	
folate, total	7.6	µg	
ash	1.40	g	
sodium	47	mg	
potassium	410	mg	
calcium	140	mg	
phosphorus	160	mg	
magnesium	67	mg	
iron, total	3.4	mg	
zinc	1.1	mg	

Legend

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

References