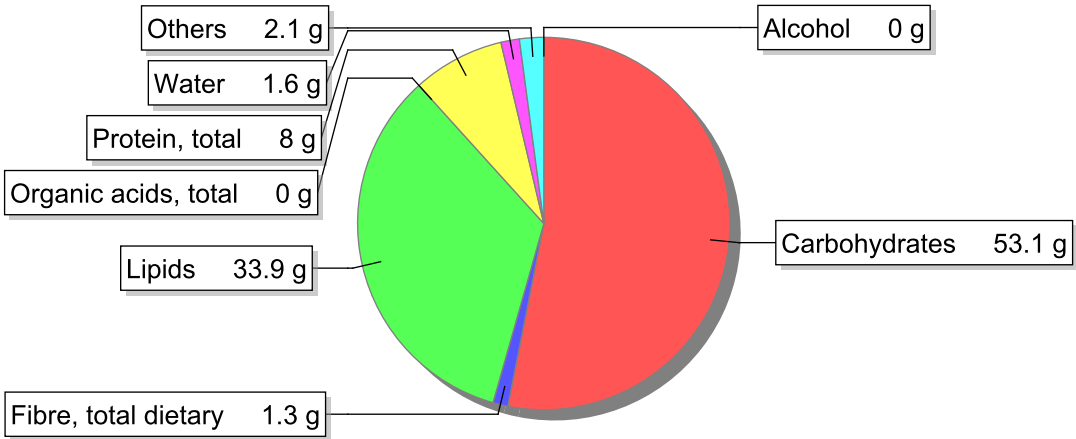


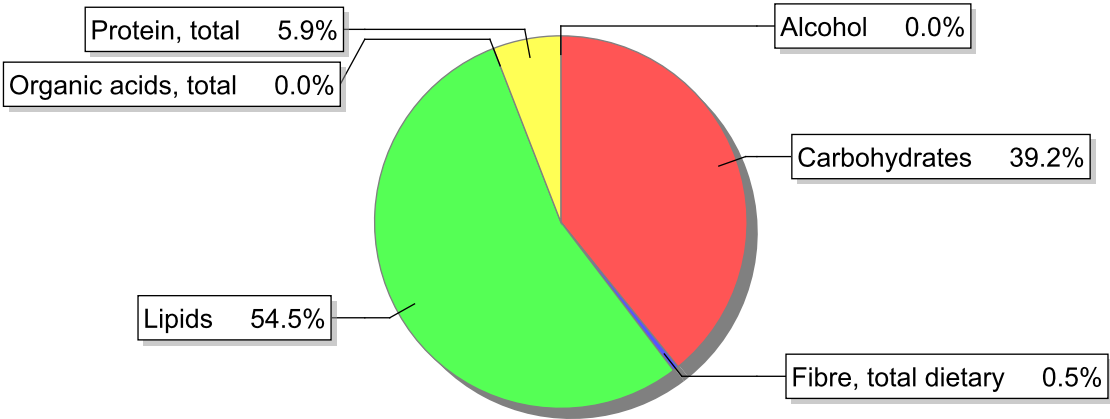
Food

Name: Chocolate, milk
Group: Cocoa and cocoa products
Subgroup:
Edible Part: 100%
Code: IS508
FoodEX2 Code: A034J

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	552	kcal	
energy kJ, total metabolisable	2300	kJ	
fatty acids, total saturated	19.8	g	
fatty acids, total monounsaturated	10.1	g	
fatty acids, total polyunsaturated	1	g	
fatty acid 18:2 n-6 cis,cis	1.0	g	
fatty acids, total trans	0.2	g	
sugars, total	53.1	g	
sucrose	43.8	g	

Name	Value	Unit	Source(s)
lactose	9.3	g	
oligosaccharides, available	0	g	
fibre, total dietary	1.3	g	
protein, total	8	g	57
alcohol	0	g	
water	1.6	g	57
organic acids, total	0	g	
cholesterol	30	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	7	µg	
carotene, total (vitamin A precursors)	40	µg	
vitamin D	0	µg	57
alpha-tocopherol	0.74	mg	
thiamin	0.2	mg	57
riboflavin	0.46	mg	57
niacin, preformed	2	mg	57
niacin equivalents, total	3.3	mg	
niacin equivalents from tryptophan	1.3	mg	
vitamin B-6, total	0.07	mg	
vitamin B-12	0.01	µg	
vitamin C	0	mg	
folate, total	10	µg	57
ash	2.06	g	
sodium	120	mg	57
potassium	420	mg	57
calcium	190	mg	57
phosphorus	230	mg	57
magnesium	55	mg	57
iron, total	1.2	mg	57
zinc	0.2	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