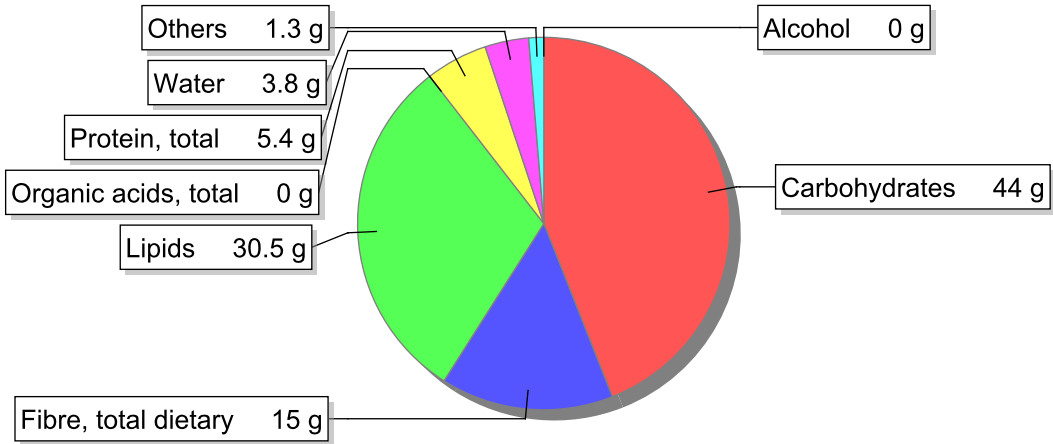


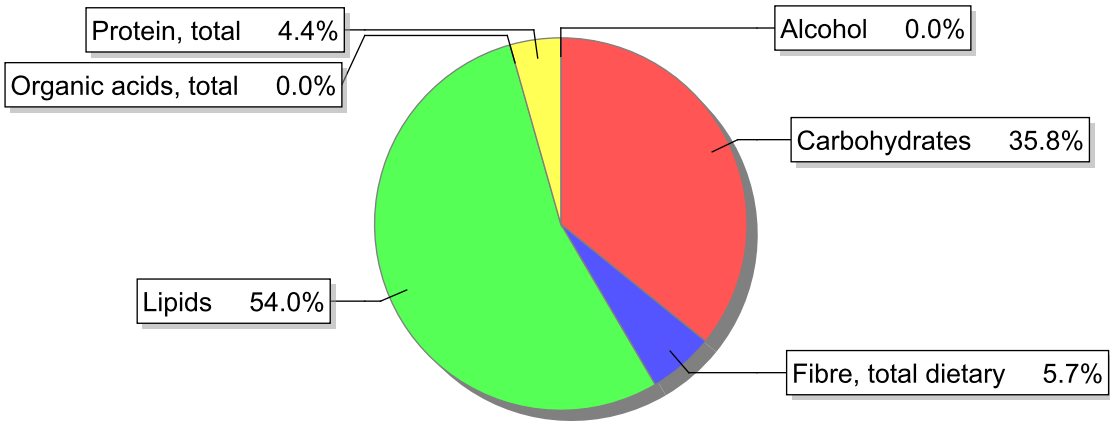
Food

Name: Chocolate, bar (for cooking)
Group: Cocoa and cocoa products
Subgroup:
Edible Part: 100%
Code: IS506
FoodEX2 Code: A034G

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	502	kcal	
energy kJ, total metabolisable	2090	kJ	
fatty acids, total saturated	19.3	g	
fatty acids, total monounsaturated	10.2	g	
fatty acids, total polyunsaturated	1	g	
fatty acid 18:2 n-6 cis,cis	1.0	g	
fatty acids, total trans	0	g	
sugars, total	44	g	
sucrose	44	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	15	g	
protein, total	5.4	g	
alcohol	0	g	
water	3.8	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	6	µg	
carotene, total (vitamin A precursors)	38	µg	
vitamin D	0	µg	
alpha-tocopherol	0.5	mg	
thiamin	0.06	mg	
riboflavin	0.1	mg	
niacin, preformed	0.5	mg	
niacin equivalents, total	1.3	mg	
niacin equivalents from tryptophan	0.8	mg	
vitamin B-6, total	0.05	mg	
vitamin B-12	0	µg	
vitamin C	0	mg	
folate, total	6	µg	
ash	1.20	g	
sodium	17	mg	
potassium	380	mg	
calcium	43	mg	
phosphorus	160	mg	
magnesium	110	mg	
iron, total	2.9	mg	
zinc	2	mg	

Legend

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

References