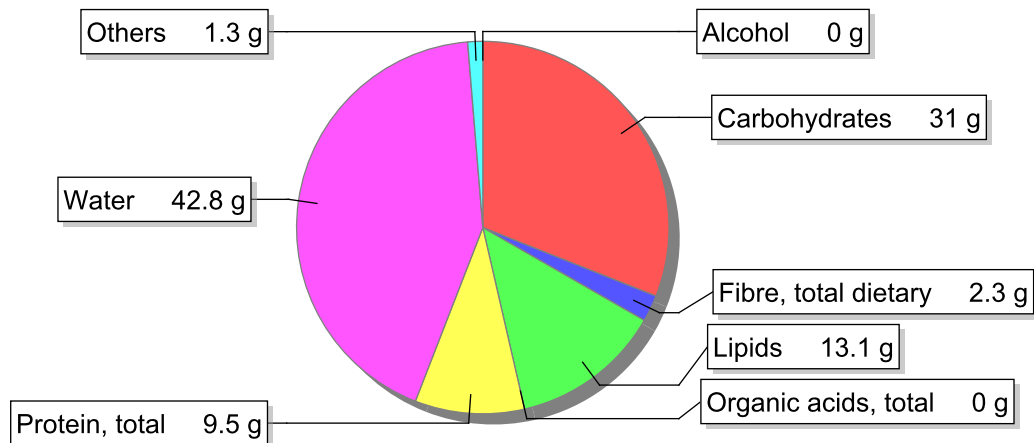


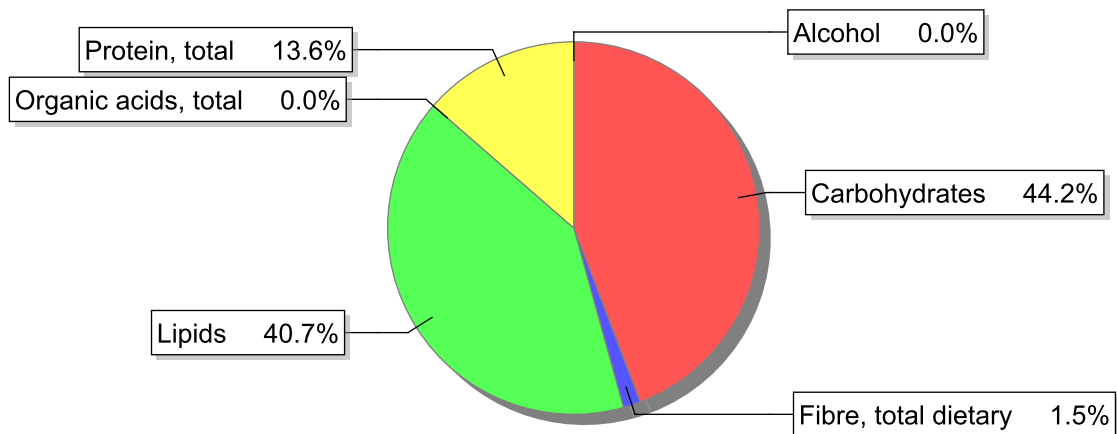
## Food

**Name:** Mousse, chocolate  
**Group:** Desserts  
**Subgroup:**  
**Edible Part:** 100%  
**Code:** IS501  
**FoodEX2 Code:** A04NS

## Composition [g/100g]



## Energy



## Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	285	kcal	
energy kJ, total metabolisable	1190	kJ	
fatty acids, total saturated	5.7	g	
fatty acids, total monounsaturated	4.6	g	
fatty acids, total polyunsaturated	1.5	g	
fatty acid 18:2 n-6 cis,cis	1.41	g	
fatty acids, total trans	0	g	
sugars, total	30	g	
sucrose	29.2	g	

Name	Value	Unit	Source(s)
<b>lactose</b>	0.8	g	
<b>salt</b>	0.2	g	
<b>fibre, total dietary</b>	2.3	g	
<b>protein, total</b>	9.5	g	
<b>alcohol</b>	0	g	
<b>water</b>	42.8	g	
<b>organic acids, total</b>	0	g	
<b>cholesterol</b>	256	mg	
<b>vitamin A; retinol equiv from retinol and carotenoid activities</b>	122	µg	
<b>carotene, total (vitamin A precursors)</b>	12	µg	
<b>vitamin D</b>	1.1	µg	
<b>alpha-tocopherol</b>	1.5	mg	
<b>thiamin</b>	0.13	mg	
<b>riboflavin</b>	0.34	mg	
<b>niacin, preformed</b>	0.68	mg	
<b>niacin equivalents, total</b>	3.33	mg	
<b>niacin equivalents from tryptophan</b>	2.67	mg	
<b>vitamin B-6, total</b>	0.23	mg	
<b>vitamin B-12</b>	0.63	µg	
<b>vitamin C</b>	0	mg	
<b>folate, total</b>	35	µg	
<b>ash</b>	1.30	g	
<b>sodium</b>	91	mg	
<b>potassium</b>	200	mg	
<b>calcium</b>	41	mg	
<b>phosphorus</b>	160	mg	
<b>magnesium</b>	38	mg	
<b>iron, total</b>	2	mg	
<b>zinc</b>	1.2	mg	

## Legend

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

## References