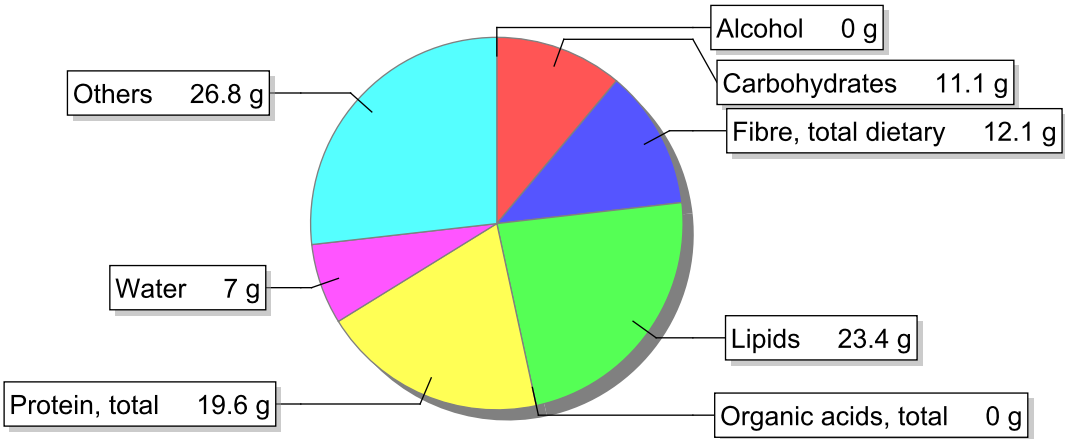


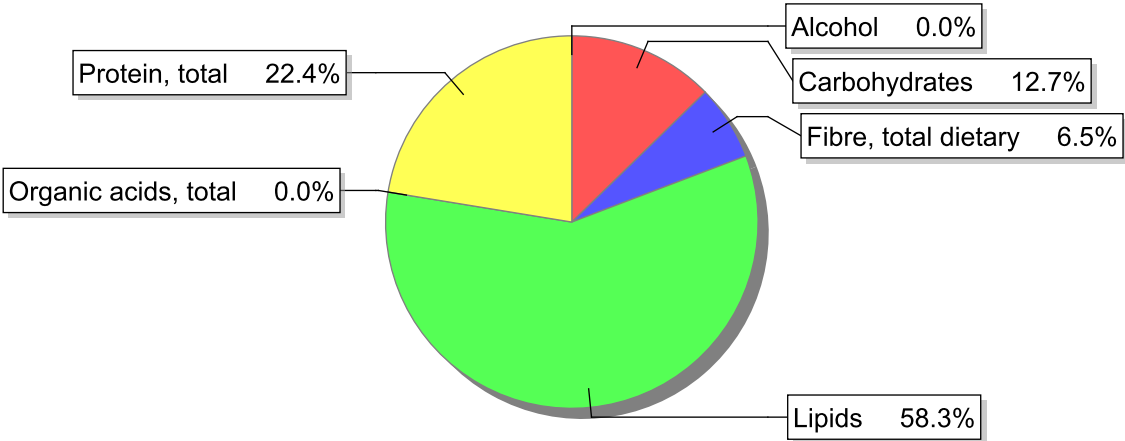
Food

Name: Cocoa, powder
Group: Cocoa and cocoa products
Subgroup:
Edible Part: 100%
Code: IS505
FoodEX2 Code: A03HG

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	358	kcal	
energy kJ, total metabolisable	1480	kJ	
fatty acids, total saturated	13.8	g	
fatty acids, total monounsaturated	7.8	g	
fatty acids, total polyunsaturated	0.6	g	
fatty acid 18:2 n-6 cis,cis	0.6	g	
fatty acids, total trans	0	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	12.1	g	
protein, total	19.6	g	
alcohol	0	g	
water	7	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0	µg	
alpha-tocopherol	0.5	mg	
thiamin	0.12	mg	
riboflavin	0.3	mg	
niacin, preformed	3.1	mg	
niacin equivalents, total	6.6	mg	
niacin equivalents from tryptophan	3.5	mg	
vitamin B-6, total	0.11	mg	
vitamin B-12	0	µg	
vitamin C	0	mg	
folate, total	34	µg	
ash	4.40	g	
sodium	34	mg	
potassium	1840	mg	
calcium	110	mg	
phosphorus	550	mg	
magnesium	410	mg	
iron, total	5.8	mg	
zinc	1.9	mg	

Legend

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

References