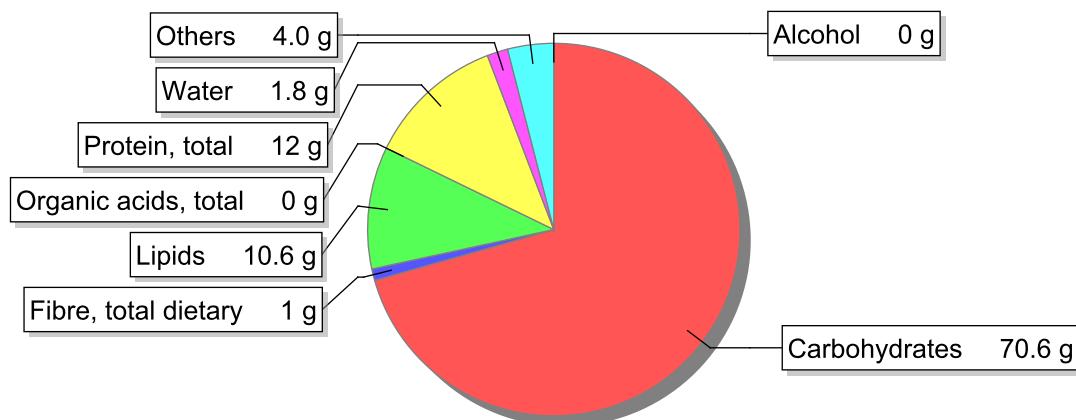


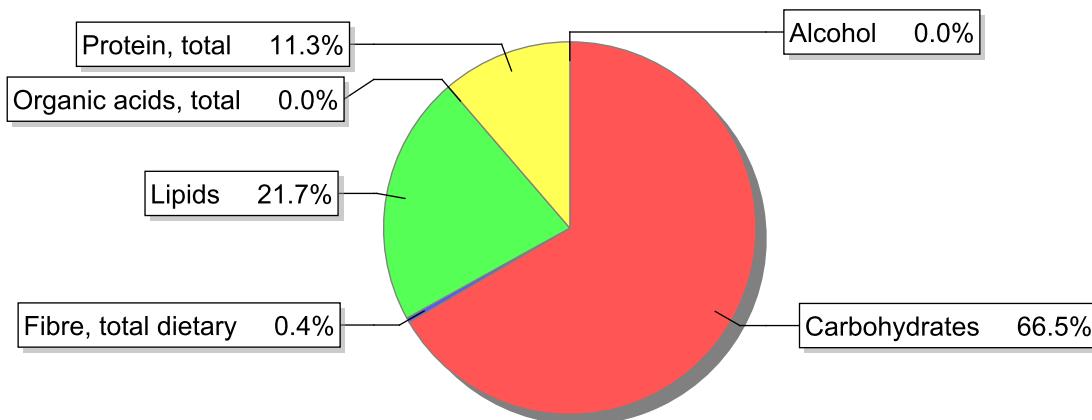
Food

Name: Chocolate powder, high fat,
Group: Cocoa and cocoa products
Subgroup:
Edible Part: 100%
Code: IS510
FoodEX2 Code: A0EQS

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	428	kcal	
energy kJ, total metabolisable	1800	kJ	
fatty acids, total saturated	4.8	g	
fatty acids, total monounsaturated	2.7	g	
fatty acids, total polyunsaturated	0.9	g	
fatty acid 18:2 n-6 cis,cis	0.9	g	
fatty acids, total trans	0	g	
sugars, total	45.3	g	57
sucrose	45.3	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	1	g	57
protein, total	12	g	57
alcohol	0	g	
water	1.8	g	57
organic acids, total	0	g	
cholesterol	4	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	604	µg	57
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0	µg	
alpha-tocopherol	6	mg	
thiamin	0.59	mg	57
riboflavin	1.7	mg	57
niacin, preformed	9.8	mg	57
niacin equivalents, total	12	mg	
niacin equivalents from tryptophan	2.6	mg	
vitamin B-6, total	0.05	mg	
vitamin B-12	0	µg	
vitamin C	12	mg	57
folate, total	3	µg	
ash	4.14	g	
sodium	350	mg	57
potassium	940	mg	57
calcium	420	mg	57
phosphorus	500	mg	57
magnesium	100	mg	57
iron, total	5	mg	
zinc	1.9	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