

**Basic Report 19904, Chocolate, dark, 70-85% cacao solids**
**Report Date: September 17, 2019 09:22 EDT**

Nutrient values and weights are for edible portion.

<b>Nutrient</b>	<b>Unit</b>	<b>0.5 Value Per50 g</b>	<b>1 oz 28.35g</b>	<b>0.3 bar 30.3g</b>
<b>Proximates</b>				
Water	g	0.69	0.39	0.42
Energy	kcal	299	170	181
Protein	g	3.90	2.21	2.36
Total lipid (fat)	g	21.32	12.09	12.92
Carbohydrate, by difference	g	22.95	13.01	13.91
Fiber, total dietary	g	5.5	3.1	3.3
Sugars, total	g	11.99	6.80	7.27
<b>Minerals</b>				
Calcium, Ca	mg	36	21	22
Iron, Fe	mg	5.95	3.37	3.61
Magnesium, Mg	mg	114	65	69
Phosphorus, P	mg	154	87	93
Potassium, K	mg	358	203	217
Sodium, Na	mg	10	6	6
Zinc, Zn	mg	1.66	0.94	1.00
<b>Vitamins</b>				
Thiamin	mg	0.017	0.010	0.010
Riboflavin	mg	0.039	0.022	0.024
Niacin	mg	0.527	0.299	0.319
Vitamin B-6	mg	0.019	0.011	0.012
Vitamin B-12	µg	0.14	0.08	0.08
Vitamin A, RAE	µg	1	1	1
Vitamin A, IU	IU	20	11	12
Vitamin E (alpha-tocopherol)	mg	0.29	0.17	0.18
Vitamin K (phylloquinone)	µg	3.6	2.1	2.2

**Lipids**

<b>Nutrient</b>	<b>Unit</b>	<b>0.5 Value Per50 g</b>	<b>1 oz 28.35g</b>	<b>0.3 bar 30.3g</b>
Fatty acids, total saturated	g	12.245	6.943	7.420
Fatty acids, total monounsaturated	g	6.391	3.623	3.873
Fatty acids, total polyunsaturated	g	0.628	0.356	0.381
Fatty acids, total trans	g	0.015	0.009	0.009
Cholesterol	mg	2	1	1
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	40	23	24