

Basic Report 19904, Chocolate, dark, 70-85% cacao solids

Report Date: September 18, 2019 18:05 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 bar 101g
Proximates				
Water	g	1.37	0.39	1.38
Energy	kcal	598	170	604
Protein	g	7.79	2.21	7.87
Total lipid (fat)	g	42.63	12.09	43.06
Carbohydrate, by difference	g	45.90	13.01	46.36
Fiber, total dietary	g	10.9	3.1	11.0
Sugars, total	g	23.99	6.80	24.23
Minerals				
Calcium, Ca	mg	73	21	74
Iron, Fe	mg	11.90	3.37	12.02
Magnesium, Mg	mg	228	65	230
Phosphorus, P	mg	308	87	311
Potassium, K	mg	715	203	722
Sodium, Na	mg	20	6	20
Zinc, Zn	mg	3.31	0.94	3.34
Vitamins				
Thiamin	mg	0.034	0.010	0.034
Riboflavin	mg	0.078	0.022	0.079
Niacin	mg	1.054	0.299	1.065
Vitamin B-6	mg	0.038	0.011	0.038
Vitamin B-12	µg	0.28	0.08	0.28
Vitamin A, RAE	µg	2	1	2
Vitamin A, IU	IU	39	11	39
Vitamin E (alpha-tocopherol)	mg	0.59	0.17	0.60
Vitamin K (phylloquinone)	µg	7.3	2.1	7.4

Lipids

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 bar 101g
Fatty acids, total saturated	g	24.489	6.943	24.734
Fatty acids, total monounsaturated	g	12.781	3.623	12.909
Fatty acids, total polyunsaturated	g	1.257	0.356	1.270
Fatty acids, total trans	g	0.030	0.009	0.030
Cholesterol	mg	3	1	3
Amino Acids				
Other				
Caffeine	mg	80	23	81