

Basic Report 14080, Beverages, rich chocolate, powder

Report Date: July 20, 2019 01:39 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	2.0 tbsp 11g
Proximates			
Water	g	1.28	0.14
Energy	kcal	372	41
Protein	g	0.00	0.00
Total lipid (fat)	g	0.00	0.00
Carbohydrate, by difference	g	92.96	10.23
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	81.82	9.00
Minerals			
Calcium, Ca	mg	909	100
Iron, Fe	mg	16.36	1.80
Magnesium, Mg	mg	218	24
Phosphorus, P	mg	0	0
Potassium, K	mg	0	0
Sodium, Na	mg	636	70
Zinc, Zn	mg	13.64	1.50
Vitamins			
Vitamin C, total ascorbic acid	mg	54.5	6.0
Thiamin	mg	1.364	0.150
Riboflavin	mg	0.000	0.000
Niacin	mg	18.182	2.000
Vitamin B-6	mg	1.818	0.200
Folate, DFE	µg	0	0
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	1365	150
Vitamin A, IU	IU	4545	500
Vitamin E (alpha-tocopherol)	mg	12.27	1.35

Nutrient	Unit	1 Value Per100 g	2.0 tbsp 11g
Vitamin D (D2 + D3)	µg	9.1	1.0
Vitamin D	IU	364	40
Vitamin K (phylloquinone)	µg	0.0	0.0
Lipids			
Fatty acids, total saturated	g	0.000	0.000
Fatty acids, total monounsaturated	g	0.000	0.000
Fatty acids, total polyunsaturated	g	0.000	0.000
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0