

Basic Report 19164, Candies, SPECIAL DARK Chocolate Bar

Report Date: September 24, 2019 05:48 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 bar 1.45 oz 41g	1 bar 2.6 oz 73g	3.0 blocks 42g	1 bar 17g
Proximates						
Water	g	0.90	0.37	0.66	0.38	0.15
Energy	kcal	556	228	406	234	95
Protein	g	5.54	2.27	4.04	2.33	0.94
Total lipid (fat)	g	32.40	13.28	23.65	13.61	5.51
Carbohydrate, by difference	g	60.49	24.80	44.16	25.41	10.28
Fiber, total dietary	g	6.5	2.7	4.7	2.7	1.1
Sugars, total	g	47.56	19.50	34.72	19.98	8.09
Minerals						
Calcium, Ca	mg	30	12	22	13	5
Iron, Fe	mg	2.13	0.87	1.55	0.89	0.36
Magnesium, Mg	mg	31	13	23	13	5
Phosphorus, P	mg	51	21	37	21	9
Potassium, K	mg	502	206	366	211	85
Sodium, Na	mg	6	2	4	3	1
Zinc, Zn	mg	0.01	0.00	0.01	0.00	0.00
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.000	0.000	0.000	0.000	0.000
Riboflavin	mg	0.010	0.004	0.007	0.004	0.002
Niacin	mg	0.000	0.000	0.000	0.000	0.000
Vitamin B-6	mg	0.000	0.000	0.000	0.000	0.000
Lipids						
Fatty acids, total monounsaturated	g	5.140	2.107	3.752	2.159	0.874
Fatty acids, total polyunsaturated	g	0.440	0.180	0.321	0.185	0.075
Cholesterol	mg	5	2	4	2	1

Amino Acids

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Other						