

## Basic Report 14063, Beverages, chocolate powder, no sugar added

Report Date: July 25, 2017 14:35 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	2.0 tbsp 11g
<b>Proximates</b>			
Water	g	7.40	0.81
Energy	kcal	373	41
Protein	g	9.09	1.00
Total lipid (fat)	g	9.09	1.00
Carbohydrate, by difference	g	63.64	7.00
Fiber, total dietary	g	9.1	1.0
Sugars, total	g	27.27	3.00
<b>Minerals</b>			
Calcium, Ca	mg	909	100
Iron, Fe	mg	3.27	0.36
Magnesium, Mg	mg	410	45
Phosphorus, P	mg	500	55
Potassium, K	mg	1705	188
Sodium, Na	mg	636	70
Zinc, Zn	mg	13.64	1.50
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	54.5	6.0
Thiamin	mg	1.500	0.165
Riboflavin	mg	0.350	0.038
Niacin	mg	25.600	2.816
Vitamin B-6	mg	1.818	0.200
Folate, DFE	µg	7	1
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	0.00

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Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0
<b>Lipids</b>			
Fatty acids, total saturated	g	4.545	0.500
Fatty acids, total monounsaturated	g	2.119	0.233
Fatty acids, total polyunsaturated	g	1.831	0.201
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	1	0