

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

Report Date: September 20, 2017 12:25 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	2.0 tbsp 11g
Proximates			
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
Minerals			
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
Vitamins			
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

Nutrient	Unit	1 Value Per100 g	2.0 tbsp 11g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0
Lipids			
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
Amino Acids			
Other			
Caffeine	mg	1	0