

Basic Report 14083, Beverages, chocolate malt, powder, prepared with fat free milk

Report Date: December 18, 2017 00:03 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 serving 256g
Proximates			
Water	g	86.95	222.59
Energy	kcal	49	125
Protein	g	3.25	8.32
Total lipid (fat)	g	0.17	0.44
Carbohydrate, by difference	g	8.64	22.12
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	7.77	19.89
Minerals			
Calcium, Ca	mg	234	599
Iron, Fe	mg	0.74	1.89
Magnesium, Mg	mg	20	51
Phosphorus, P	mg	97	248
Potassium, K	mg	158	404
Sodium, Na	mg	77	197
Zinc, Zn	mg	0.97	2.48
Vitamins			
Vitamin C, total ascorbic acid	mg	3.3	8.4
Thiamin	mg	0.093	0.238
Riboflavin	mg	0.134	0.343
Niacin	mg	0.865	2.214
Vitamin B-6	mg	0.116	0.297
Folate, DFE	µg	5	13
Vitamin B-12	µg	0.36	0.92
Vitamin A, RAE	µg	137	351
Vitamin A, IU	IU	458	1172
Vitamin E (alpha-tocopherol)	mg	0.54	1.38

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Vitamin D (D2 + D3)	µg	1.5	3.8
Vitamin D	IU	60	154
Vitamin K (phylloquinone)	µg	0.0	0.0
Lipids			
Fatty acids, total saturated	g	0.112	0.287
Fatty acids, total monounsaturated	g	0.045	0.115
Fatty acids, total polyunsaturated	g	0.007	0.018
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	2	5
Amino Acids			
Other			
Caffeine	mg	0	0