

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

Report Date: March 24, 2018 19:35 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 serving 256g
<b>Proximates</b>			
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
<b>Minerals</b>			
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
<b>Vitamins</b>			
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

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 serving 256g</b>
Vitamin D (D2 + D3)	µg	1.5	3.8
Vitamin D	IU	60	154
Vitamin K (phylloquinone)	µg	0.0	0.0
<b>Lipids</b>			
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
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0