

Basic Report 14194, Beverages, Cocoa mix, powder, prepared with water

Report Date: July 21, 2017 12:30 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fl oz 34.3g	1 serving 6 fl oz 206g
Proximates				
Water	g	86.34	29.61	177.86
Energy	kcal	55	19	113
Protein	g	0.92	0.32	1.90
Total lipid (fat)	g	0.55	0.19	1.13
Carbohydrate, by difference	g	11.54	3.96	23.77
Fiber, total dietary	g	0.5	0.2	1.0
Sugars, total	g	9.03	3.10	18.60
Minerals				
Calcium, Ca	mg	21	7	43
Iron, Fe	mg	0.17	0.06	0.35
Magnesium, Mg	mg	12	4	25
Phosphorus, P	mg	43	15	89
Potassium, K	mg	99	34	204
Sodium, Na	mg	73	25	150
Zinc, Zn	mg	0.21	0.07	0.43
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.013	0.004	0.027
Riboflavin	mg	0.078	0.027	0.161
Niacin	mg	0.081	0.028	0.167
Vitamin B-6	mg	0.016	0.005	0.033
Folate, DFE	µg	1	0	2
Vitamin B-12	µg	0.05	0.02	0.10
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	1	0	2
Vitamin E (alpha-tocopherol)	mg	0.03	0.01	0.06

Nutrient	Unit	1 Value Per100 g	1 fl oz 34.3g	1 serving 6 fl oz 206g
Vitamin K (phylloquinone)	µg	0.1	0.0	0.2
Lipids				
Fatty acids, total saturated	g	0.328	0.113	0.676
Fatty acids, total monounsaturated	g	0.183	0.063	0.377
Fatty acids, total polyunsaturated	g	0.016	0.005	0.033
Fatty acids, total trans	g	0.104	0.036	0.214
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	2	1	4