

Basic Report 14195, Beverages, Cocoa mix, NESTLE, Hot Cocoa Mix Rich Chocolate With Marshmallows

Report Date: October 24, 2017 01:46 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 serving 1 envelope 20g
Proximates			
Water	g	4.18	0.84
Energy	kcal	400	80
Protein	g	2.80	0.56
Total lipid (fat)	g	15.00	3.00
Carbohydrate, by difference	g	75.00	15.00
Fiber, total dietary	g	3.7	0.7
Sugars, total	g	65.00	13.00
Minerals			
Calcium, Ca	mg	80	16
Iron, Fe	mg	1.80	0.36
Sodium, Na	mg	800	160
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Vitamin A, IU	IU	10	2
Lipids			
Fatty acids, total saturated	g	15.000	3.000
Fatty acids, total trans	g	0.230	0.046
Cholesterol	mg	0	0
Amino Acids			
Other			