

Basic Report 19165, Cocoa, dry powder, unsweetened

Report Date: July 16, 2019 02:39 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 86g	1 tbsp 5.4g
Proximates				
Water	g	3.00	2.58	0.16
Energy	kcal	228	196	12
Protein	g	19.60	16.86	1.06
Total lipid (fat)	g	13.70	11.78	0.74
Carbohydrate, by difference	g	57.90	49.79	3.13
Fiber, total dietary	g	37.0	31.8	2.0
Sugars, total	g	1.75	1.50	0.09
Minerals				
Calcium, Ca	mg	128	110	7
Iron, Fe	mg	13.86	11.92	0.75
Magnesium, Mg	mg	499	429	27
Phosphorus, P	mg	734	631	40
Potassium, K	mg	1524	1311	82
Sodium, Na	mg	21	18	1
Zinc, Zn	mg	6.81	5.86	0.37
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.078	0.067	0.004
Riboflavin	mg	0.241	0.207	0.013
Niacin	mg	2.185	1.879	0.118
Vitamin B-6	mg	0.118	0.101	0.006
Folate, DFE	µg	32	28	2
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.10	0.09	0.01

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	2.5	2.1	0.1
Lipids				
Fatty acids, total saturated	g	8.070	6.940	0.436
Fatty acids, total monounsaturated	g	4.570	3.930	0.247
Fatty acids, total polyunsaturated	g	0.440	0.378	0.024
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	230	198	12