

Basic Report 19924, Syrup, NESTLE, chocolate

Report Date: August 17, 2017 23:13 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tablespoon 20g
Proximates			
Water	g	31.92	6.38
Energy	kcal	269	54
Protein	g	0.00	0.00
Total lipid (fat)	g	0.00	0.00
Carbohydrate, by difference	g	67.21	13.44
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	60.00	12.00
Minerals			
Calcium, Ca	mg	0	0
Iron, Fe	mg	0.00	0.00
Magnesium, Mg	mg	40	8
Phosphorus, P	mg	58	12
Potassium, K	mg	122	24
Sodium, Na	mg	150	30
Zinc, Zn	mg	0.55	0.11
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.006	0.001
Riboflavin	mg	0.031	0.006
Niacin	mg	0.173	0.035
Vitamin B-6	mg	0.009	0.002
Folate, DFE	µg	3	1
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin E (alpha-tocopherol)	mg	0.01	0.00

Nutrient	Unit	1 Value Per100 g	1 tablespoon 20g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.2	0.0
Lipids			
Fatty acids, total saturated	g	0.000	0.000
Fatty acids, total monounsaturated	g	0.000	0.000
Fatty acids, total polyunsaturated	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	18	4