

## Basic Report 19924, Syrup, NESTLE, chocolate

Report Date: May 24, 2017 03:52 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tablespoon 20g
<b>Proximates</b>			
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
<b>Minerals</b>			
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
<b>Vitamins</b>			
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

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 tablespoon 20g</b>
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.2	0.0
<b>Lipids</b>			
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
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	18	4