



**Food ID:** M013

**Food name and Description:** Chocolate, tablea

**Scientific name:**

**Alternate/Common name(s):**

**Edible portion:** 100%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	0.9
Energy, calculated (kcal)	481
Protein (g)	4.3
Total Fat (g)	18.2
Carbohydrate, total (g)	75.1
Ash, total (g)	1.5

## **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	28.9
Sugars, total (g)	0.9

## **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	155
Phosphorus, P (mg)	48
Iron, Fe (mg)	6
Sodium, Na (mg)	268

## **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	80
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	80
Thiamin, Vitamin B1 (mg)	0.1
Riboflavin, Vitamin B2 (mg)	0.13
Niacin (mg)	0.4
Ascorbic Acid, Vitamin C (mg)	0

## **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	10.72
Fatty acids, monounsaturated, total (g)	6.07
Fatty acids, polyunsaturated, total(g)	0.58
Cholesterol (mg)	-