



Food ID: M034

Food name and Description: Milk choc bar, orange crunch

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	0.9
Energy, calculated (kcal)	535
Protein (g)	2.7
Total Fat (g)	28.7
Carbohydrate, total (g)	66.5
Ash, total (g)	1.2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1
Sugars, total (g)	49

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	182
Phosphorus, P (mg)	147
Iron, Fe (mg)	2.8
Sodium, Na (mg)	54

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	27
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	27
Thiamin, Vitamin B1 (mg)	0.06
Riboflavin, Vitamin B2 (mg)	0.19
Niacin (mg)	0.6
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	18.52
Fatty acids, monounsaturated, total (g)	6.94
Fatty acids, polyunsaturated, total(g)	0.82
Cholesterol (mg)	17