



Food ID: Q003

Food name and Description: Choc-flvr drink, pwdr

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	1.2
Energy, calculated (kcal)	394
Protein (g)	5.7
Total Fat (g)	3.6
Carbohydrate, total (g)	84.8
Ash, total (g)	4.7

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	4.8
Sugars, total (g)	66.7

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	278
Phosphorus, P (mg)	598
Iron, Fe (mg)	40
Sodium, Na (mg)	190

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	145
beta-Carotene (µg)	10
Retinol Activity Equivalent, RAE (µg)	146
Thiamin, Vitamin B1 (mg)	5.93
Riboflavin, Vitamin B2 (mg)	3.72
Niacin (mg)	32.7
Ascorbic Acid, Vitamin C (mg)	101

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.8
Fatty acids, monounsaturated, total (g)	0.88
Fatty acids, polyunsaturated, total(g)	0.51
Cholesterol (mg)	1