



**Food ID:** Q004

**Food name and Description:** Choc-flvr drink, UHT

**Scientific name:**

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

**Edible portion:** 100%

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

Water (g)	82.5
Energy, calculated (kcal)	78
Protein (g)	3
Total Fat (g)	2.1
Carbohydrate, total (g)	11.8
Ash, total (g)	0.6

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

Fiber, total dietary (g)	0.3
Sugars, total (g)	10.9

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

Calcium, Ca (mg)	130
Phosphorus, P (mg)	80
Iron, Fe (mg)	0.2
Sodium, Na (mg)	22

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

Retinol, Vitamin A (µg)	10
beta-Carotene (µg)	10
Retinol Activity Equivalent, RAE (µg)	11
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.14
Niacin (mg)	0.1
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	1.27
Fatty acids, monounsaturated, total (g)	0.48
Fatty acids, polyunsaturated, total(g)	0.09
Cholesterol (mg)	7