



Food ID: Q005

Food name and Description: Choc-flvr energy drnk, granules, fortified

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	2.8
Energy, calculated (kcal)	406
Protein (g)	11
Total Fat (g)	6.6
Carbohydrate, total (g)	75.7
Ash, total (g)	3.9

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	4.7
Sugars, total (g)	65.7

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	430
Phosphorus, P (mg)	427
Iron, Fe (mg)	23.6
Sodium, Na (mg)	187

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	1910
beta-Carotene (µg)	45
Retinol Activity Equivalent, RAE (µg)	1914
Thiamin, Vitamin B1 (mg)	1.78
Riboflavin, Vitamin B2 (mg)	2.57
Niacin (mg)	23.5
Ascorbic Acid, Vitamin C (mg)	83

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	3.3
Fatty acids, monounsaturated, total (g)	1.62
Fatty acids, polyunsaturated, total(g)	0.93
Cholesterol (mg)	1