

**Food ID:** Q006**Food name and Description:** Choc-flvr energy drnk, pwdr, fortified**Scientific name:****Alternate/Common name(s):****Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	1.9
Energy, calculated (kcal)	432
Protein (g)	13.8
Total Fat (g)	11.6
Carbohydrate, total (g)	68
Ash, total (g)	4.7

Other Carbohydrate (Food Composition per 100g Edible Portion)

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

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	469
Phosphorus, P (mg)	699
Iron, Fe (mg)	20.1
Sodium, Na (mg)	189

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	1550
beta-Carotene (µg)	45
Retinol Activity Equivalent, RAE (µg)	1554
Thiamin, Vitamin B1 (mg)	2.24
Riboflavin, Vitamin B2 (mg)	1
Niacin (mg)	1.8
Ascorbic Acid, Vitamin C (mg)	8

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	5.8
Fatty acids, monounsaturated, total (g)	2.84
Fatty acids, polyunsaturated, total(g)	1.63
Cholesterol (mg)	2