

**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