



Food ID: Q008

Food name and Description: Cocoa, pwdr, imported

Scientific name:

Alternate/Common name(s): Kakaw, pulbos, imported

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	3.1
Energy, calculated (kcal)	474
Protein (g)	20
Total Fat (g)	21.1
Carbohydrate, total (g)	51
Ash, total (g)	4.8

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	9.5
Sugars, total (g)	28.5

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	112
Phosphorus, P (mg)	592
Iron, Fe (mg)	6.6
Sodium, Na (mg)	95

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	2.2
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	12.43
Fatty acids, monounsaturated, total (g)	7.04
Fatty acids, polyunsaturated, total(g)	0.68
Cholesterol (mg)	0