



**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