



Food ID: Q009

Food name and Description: Cocoa, pwdr, local

Scientific name:

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

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

| | |
|---------------------------|------|
| Water (g) | 2.7 |
| Energy, calculated (kcal) | 465 |
| Protein (g) | 21.7 |
| Total Fat (g) | 19.8 |
| Carbohydrate, total (g) | 49.9 |
| Ash, total (g) | 5.9 |

Other Carbohydrate (Food Composition per 100g Edible Portion)

| | |
|--------------------------|------|
| Fiber, total dietary (g) | 9.6 |
| Sugars, total (g) | 28.7 |

Minerals (Food Composition per 100g Edible Portion)

| | |
|--------------------|------|
| Calcium, Ca (mg) | 183 |
| Phosphorus, P (mg) | 647 |
| Iron, Fe (mg) | 16.7 |
| Sodium, Na (mg) | 96 |

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) | 0.07 |
| Riboflavin, Vitamin B2 (mg) | 0.2 |
| Niacin (mg) | 2.1 |
| Ascorbic Acid, Vitamin C (mg) | 0 |

Lipids (Food Composition per 100g Edible Portion)

| | |
|---|-------|
| Fatty acids, saturated, total (g) | 11.66 |
| Fatty acids, monounsaturated, total (g) | 6.6 |
| Fatty acids, polyunsaturated, total(g) | 0.64 |
| Cholesterol (mg) | 0 |