



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