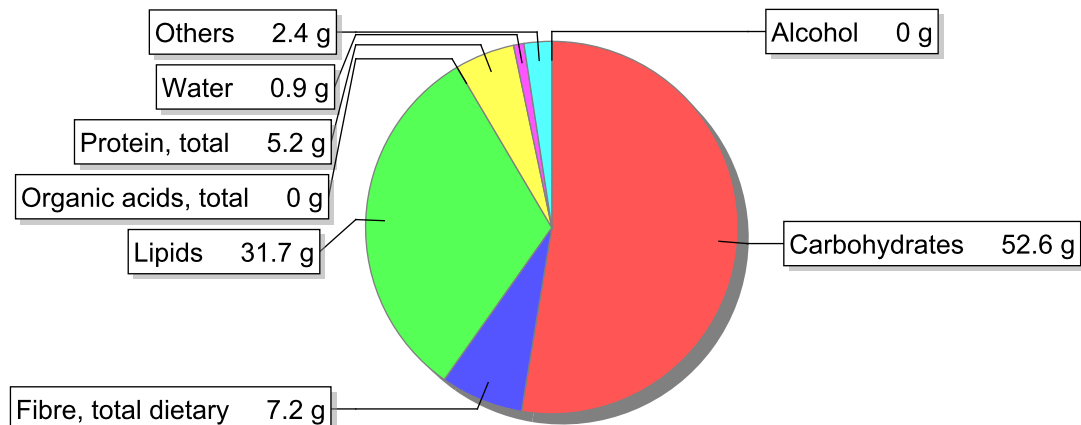


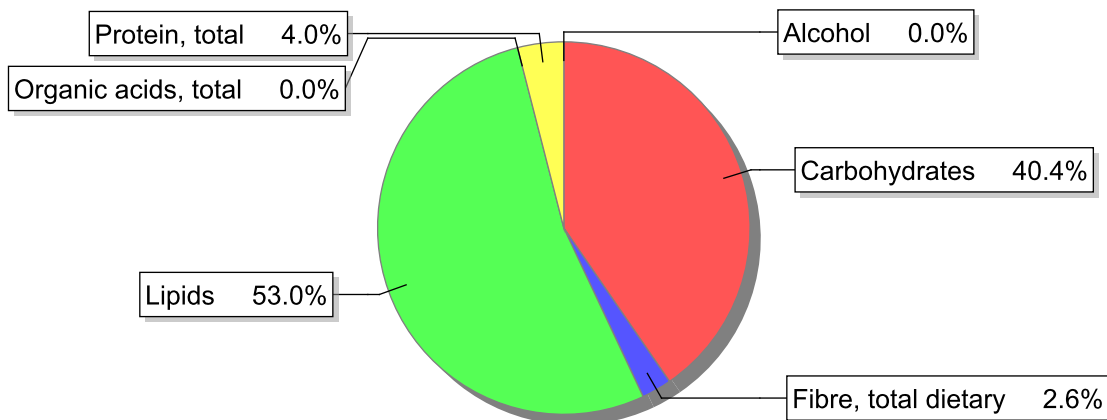
**Food**

**Name:** Chocolate, dark (50% cocoa aproximatelly)  
**Group:** Todos  
**Subgroup:**  
**Edible Part:** 100%  
**Code:**  
**FoodEX2 Code:** A034G

**Composition [g/100g]**



**Energy**



**Nutritive content per 100g edible portion**

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	530	kcal	
energy kJ, total metabolisable	2210	kJ	
fatty acids, total saturated	19.9	g	654, 656
fatty acids, total monounsaturated	10.8	g	654, 656
fatty acids, total polyunsaturated	1.1	g	654, 656
fatty acid 18:2 n-6 cis,cis	0.9	g	656
fatty acids, total trans	0.1	g	656
sugars, total	49	g	654, 656
sucrose	49	g	656

Name	Value	Unit	Source(s)
lactose	0.4	g	656
salt	0	g	
starch, total	2.7	g	654, 656
protein, total	5.2	g	654, 656
alcohol	0	g	654, 656
water	0.9	g	654, 656
organic acids, total	0	g	
cholesterol	21	mg	654, 656
vitamin A; retinol equiv from retinol and carotenoid activities	19	µg	656
carotene, total (vitamin A precursors)	38	µg	
vitamin D	1.4	µg	656
alpha-tocopherol	1.3	mg	
thiamin	0.09	mg	654, 656
riboflavin	0.13	mg	654, 656
niacin, preformed	0.65	mg	654, 656
niacin equivalents, total	1.45	mg	
niacin equivalents from tryptophan	0.8	mg	
vitamin B-6, total	0.05	mg	654, 656
vitamin B-12	0	µg	654, 656
folate, total	9.5	µg	654, 656
iodide	1.2	µg	654, 656
sodium	12	mg	654, 656
potassium	630	mg	654, 656
calcium	47	mg	654, 656
phosphorus	160	mg	654, 656
magnesium	130	mg	654, 656
iron, total	5.3	mg	654, 656
zinc	2	mg	654, 656
selenium, total	5	µg	656

## Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

## References

Id	Reference
654	Swiss Food Composition Database, V3.01, FoodExplorer
656	Belgische Voedingsmiddelentabel 2009, FoodExplorer