

**NUTRITIONAL INFORMATION**

Major Category: Food Ingredient

Food Names: Natural Cocoa Cake 10-12% and Natural Cocoa Powder 10-12%

<u>Nutrient Name</u>	<u>Unit</u>	100 grams <u>Total</u>
Calories	Kcal	293.2
Protein	g	17.4
Carbohydrate Total	g	47.6
Fat Total	g	11.0
Polyunsaturated Fat FDA	g	0.7
Polyunsaturated Fat Total	g	0.7
Saturated Fat FDA	g	6.7
Saturated Fat Total	g	6.9
Monosaturated Fat	g	3.8
Cholesterol	mg	0.0
Sodium	mg	20.0
Potassium	mg	1574.0
Caffeine	mg	250.0
Moisture	g	5.0
Fiber Crude	g	4.3
Fiber Dietary	g	NA
Ash	g	4.0
Sugar Total	g	1.0
Vitamin A	IU	80.0
Vitamin C	mg	0.0
Thiamine	mg	0.1
Riboflavin	mg	0.4
Niacin	mg	1.8
Calcium	mg	130.5
Iron	mg	13.8
Vitamin D	IU	NA
Vitamin E	IU	1.8
Vitamin B6	mg	0.2
Folic Acid	mcg	NA
Vitamin B12	mcg	0.0
Phosphorus	mg	780.0
Magnesium	mg	519.0
Zinc	mg	6.9
Copper	mg	3.6
Pantothenic Acid	mg	0.3