

Milk Chocolate

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error
Proximates				
Water	g	1.50	9	0.054
Energy	kcal	535	0	0
Energy	kj	2239	0	0
Protein	g	7.65	9	0.281
Total lipid (fat)	g	29.66	9	0.23
Ash	g	1.78	9	0.036
Carbohydrate, by difference	g	59.40	0	0
Fiber, total dietary	g	3.4	9	0.132
Sugars, total	g	51.50	9	0.495
Minerals				
Calcium, Ca	mg	189	27	0.333
Iron, Fe	mg	2.35	27	1.043
Magnesium, Mg	mg	63	27	3.153
Phosphorus, P	mg	208	27	6.583
Potassium, K	mg	372	27	30.222
Sodium, Na	mg	79	27	8.597
Zinc, Zn	mg	2.01	0	0
Copper, Cu	mg	0.491	27	0.083
Manganese, Mn	mg	0.471	27	0.131
Selenium, Se	mcg	4.5	22	0.173
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	1	0
Thiamin	mg	0.112	5	0.007
Riboflavin	mg	0.298	5	0.034
Niacin	mg	0.386	5	0.018
Pantothenic acid	mg	0.472	5	0.041
Vitamin B-6	mg	0.036	5	0.001
Folate, total	mcg	12	5	0.802
Folic acid	mcg	0	0	0
Folate, food	mcg	11	0	0
Folate, DFE	mcg_DFE	11	0	0
Vitamin B-12	mcg	0.62	0	0

Vitamin B-12, added	mcg	0.00	0	0
Vitamin A, IU	IU	174	0	0
Vitamin A, RAE	mcg_RAE	49	0	0
Retinol	mcg	48	0	0
Vitamin E (alpha-tocopherol)	mg	2.02	1	0
Vitamin E, added	mg	0.00	0	0
Vitamin K (phylloquinone)	mcg	5.7	4	0.585
Lipids				
Fatty acids, total saturated	g	14.232	0	0
4:0	g	0.502	4	0.481
6:0	g	0.182	4	0.172
8:0	g	0.104	4	0.093
10:0	g	0.197	4	0.16
12:0	g	0.216	4	0.18
14:0	g	0.663	4	0.564
15:0	g	0.068	4	0.052
16:0	g	5.946	4	4.953
17:0	g	0.065	4	0.054
18:0	g	6.098	4	4.811
20:0	g	0.171	4	0.146
22:0	g	0.018	4	0.024
24:0	g	0.000	4	0
Fatty acids, total monounsaturated	g	13.207	0	0
14:1	g	0.065	4	0.054
15:1	g	0.000	4	0
16:1 undifferentiated	g	0.124	4	0.112
13:0	g	0.000	4	0
17:1	g	0.018	4	0.021
18:1 undifferentiated	g	6.500	0	0
18:1 c	g	6.500	4	5.359
18:1 t	g	0.000	4	0
20:1	g	0.000	4	0
22:1 undifferentiated	g	0.000	4	0
24:1 c	g	0.000	4	0
Fatty acids, total polyunsaturated	g	0.853	0	0
18:2 undifferentiated	g	0.728	4	0.618
18:3 undifferentiated	g	0.041	0	0
18:3 n-3 c,c,c	g	0.084	4	0.074

18:3 n-6 c,c,c	g	0.000	4	0
18:4	g	0.000	0	0
20:2 n-6 c,c	g	0.000	4	0
20:3 undifferentiated	g	0.000	4	0
20:4 undifferentiated	g	0.000	4	0
20:5 n-3	g	0.000	4	0
22:5 n-3	g	0.000	0	0
22:6 n-3	g	0.000	4	0
Cholesterol	mg	23	1	0
Stigmasterol	mg	16	1	0
Campesterol	mg	6	1	0
Beta-sitosterol	mg	37	1	0
Amino acids				
Tryptophan	g	0.089	0	0
Threonine	g	0.279	0	0
Isoleucine	g	0.362	0	0
Leucine	g	0.590	0	0
Lysine	g	0.464	0	0
Methionine	g	0.146	0	0
Cystine	g	0.078	0	0
Phenylalanine	g	0.317	0	0
Tyrosine	g	0.303	0	0
Valine	g	0.429	0	0
Arginine	g	0.298	0	0
Histidine	g	0.167	0	0
Alanine	g	0.241	0	0
Aspartic acid	g	0.561	0	0
Glutamic acid	g	1.316	0	0
Glycine	g	0.178	0	0
Proline	g	0.611	0	0
Serine	g	0.348	0	0
Hydroxyproline	g	0.000	0	0
Other				
Alcohol, ethyl	g	0.0	0	0
Caffeine	mg	20	9	0
Theobromine	mg	205	8	6.891
Carotene, beta	mcg	0	4	0
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Cryptoxanthin, beta	mcg	0	4	0
Lycopene	mcg	0	4	0
Lutein + zeaxanthin	mcg	0	0	0

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