

USDA National Nutrient Database for Standard Reference Release 28

Basic Report 19904, Chocolate, dark, 70-85% cacao solids

Report Date: February 19, 2016 10:55 EST

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 1 oz 28,35g | 1 bar 101g |
|------------------------------|------|------------------|-------------|------------|
| Proximates | | | | |
| Water | g | 1.37 | 0.39 | 1.38 |
| Energy | kcal | 598 | 170 | 604 |
| Protein | g | 7.79 | 2.21 | 7.87 |
| Total lipid (fat) | g | 42.63 | 12.09 | 43.06 |
| Carbohydrate, by difference | g | 45.90 | 13.01 | 46.36 |
| Fiber, total dietary | g | 10.9 | 3.1 | 11.0 |
| Sugars, total | g | 23.99 | 6.80 | 24.23 |
| Minerals | | | | |
| Calcium, Ca | mg | 73 | 21 | 74 |
| Iron, Fe | mg | 11.90 | 3.37 | 12.02 |
| Magnesium, Mg | mg | 228 | 65 | 230 |
| Phosphorus, P | mg | 308 | 87 | 311 |
| Potassium, K | mg | 715 | 203 | 722 |
| Sodium, Na | mg | 20 | 6 | 20 |
| Zinc, Zn | mg | 3.31 | 0.94 | 3.34 |
| Vitamins | | | | |
| Thiamin | mg | 0.034 | 0.010 | 0.034 |
| Riboflavin | mg | 0.078 | 0.022 | 0.079 |
| Niacin | mg | 1.054 | 0.299 | 1.065 |
| Vitamin B-6 | mg | 0.038 | 0.011 | 0.038 |
| Vitamin B-12 | µg | 0.28 | 0.08 | 0.28 |
| Vitamin A, RAE | µg | 2 | 1 | 2 |
| Vitamin A, IU | IU | 39 | 11 | 39 |
| Vitamin E (alpha-tocopherol) | mg | 0.59 | 0.17 | 0.60 |
| Vitamin K (phyloquinone) | µg | 7.3 | 2.1 | 7.4 |

Lipids

| Nutrient | Unit | 1 Value Per100 g | 1 oz 28,35g | 1 bar 101g |
|------------------------------------|-------------|---------------------------------|------------------------|-----------------------|
| Fatty acids, total saturated | g | 24.489 | 6.943 | 24.734 |
| Fatty acids, total monounsaturated | g | 12.781 | 3.623 | 12.909 |
| Fatty acids, total polyunsaturated | g | 1.257 | 0.356 | 1.270 |
| Fatty acids, total trans | g | 0.030 | 0.009 | 0.030 |
| Cholesterol | mg | 3 | 1 | 3 |
| Amino Acids | | | | |
| Other | | | | |
| Caffeine | mg | 80 | 23 | 81 |