

Full Report (All Nutrients) 19904, Chocolate, dark, 70-85% cacao solids
Report Date: November 27, 2018 00:30 EST

Nutrient values and weights are for edible portion.

Food Group : Sweets

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 bar 101g
Proximates						
Water 1	g	1.37	2	--	0.39	1.38
Energy	kcal	598	--	--	170	604
Energy	kJ	2504	--	--	710	2529
Protein 1	g	7.79	2	--	2.21	7.87
Total lipid (fat) 1	g	42.63	4	0.170	12.09	43.06
Ash 1	g	2.32	2	--	0.66	2.34
Carbohydrate, by difference	g	45.90	--	--	13.01	46.36
Fiber, total dietary 1	g	10.9	2	--	3.1	11.0
Sugars, total 1	g	23.99	2	--	6.80	24.23
Sucrose 1	g	23.99	2	--	6.80	24.23
Glucose (dextrose) 1	g	0.00	2	--	0.00	0.00
Fructose 1	g	0.00	2	--	0.00	0.00
Lactose 1	g	0.00	2	--	0.00	0.00
Maltose 1	g	0.00	2	--	0.00	0.00
Galactose 1	g	0.00	2	--	0.00	0.00
Minerals						
Calcium, Ca 1	mg	73	2	--	21	74
Iron, Fe 1	mg	11.90	2	--	3.37	12.02
Magnesium, Mg 1	mg	228	2	--	65	230
Phosphorus, P 1	mg	308	2	--	87	311
Potassium, K 1	mg	715	2	--	203	722
Sodium, Na 1	mg	20	2	--	6	20
Zinc, Zn 1	mg	3.31	2	--	0.94	3.34

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Copper, Cu 1	mg	1.766	2	--	0.501	1.784
Manganese, Mn 1	mg	1.948	2	--	0.552	1.967
Selenium, Se 1	µg	6.8	2	--	1.9	6.9
Vitamins						
Thiamin 1	mg	0.034	2	--	0.010	0.034
Riboflavin 1	mg	0.078	2	--	0.022	0.079
Niacin 1	mg	1.054	2	--	0.299	1.065
Pantothenic acid 1	mg	0.418	2	--	0.119	0.422
Vitamin B-6 1	mg	0.038	2	--	0.011	0.038
Vitamin B-12 1	µg	0.28	2	--	0.08	0.28
Vitamin A, RAE	µg	2	--	--	1	2
Carotene, beta 1	µg	19	2	--	5	19
Carotene, alpha 1	µg	7	2	--	2	7
Cryptoxanthin, beta 1	µg	1	2	--	0	1
Vitamin A, IU	IU	39	--	--	11	39
Lycopene 1	µg	0	2	--	0	0
Lutein + zeaxanthin 1	µg	27	2	--	8	27
Vitamin E (alpha-tocopherol) 1	mg	0.59	2	--	0.17	0.60
Tocopherol, beta 1	mg	0.01	2	--	0.00	0.01
Tocopherol, gamma 1	mg	9.19	2	--	2.61	9.28
Tocopherol, delta 1	mg	0.29	2	--	0.08	0.29
Tocotrienol, alpha 1	mg	0.00	2	--	0.00	0.00
Tocotrienol, beta 1	mg	0.00	2	--	0.00	0.00
Tocotrienol, gamma 1	mg	0.14	2	--	0.04	0.14
Tocotrienol, delta 1	mg	0.00	2	--	0.00	0.00
Vitamin K (phylloquinone) 1	µg	7.3	2	--	2.1	7.4
Lipids						
Fatty acids, total saturated	g	24.489	--	--	6.943	24.734
4:0 1	g	0.014	2	--	0.004	0.014
6:0 1	g	0.008	2	--	0.002	0.008
8:0 1	g	0.006	2	--	0.002	0.006
10:0 1	g	0.045	2	--	0.013	0.045

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 bar 101g
12:0 1	g	0.017	2	--	0.005	0.017
14:0 1	g	0.078	2	--	0.022	0.079
15:0 1	g	0.016	2	--	0.005	0.016
16:0 1	g	10.076	2	--	2.857	10.177
17:0 1	g	0.086	2	--	0.024	0.087
18:0 1	g	13.630	2	--	3.864	13.766
20:0 1	g	0.408	2	--	0.116	0.412
22:0 1	g	0.068	2	--	0.019	0.069
24:0 1	g	0.038	2	--	0.011	0.038
Fatty acids, total monounsaturated	g	12.781	--	--	3.623	12.909
14:1 1	g	0.004	2	--	0.001	0.004
15:1 1	g	0.000	2	--	0.000	0.000
16:1 undifferentiated 1	g	0.106	--	--	0.030	0.107
16:1 c 1	g	0.104	2	--	0.029	0.105
16:1 t 1	g	0.002	2	--	0.001	0.002
17:1 1	g	0.000	2	--	0.000	0.000
18:1 undifferentiated 1	g	12.651	--	--	3.587	12.778
18:1 c 1	g	12.629	2	--	3.580	12.755
18:1 t 1	g	0.023	2	--	0.007	0.023
20:1 1	g	0.020	2	--	0.006	0.020
22:1 undifferentiated 1	g	0.000	--	--	0.000	0.000
22:1 c 1	g	0.000	2	--	0.000	0.000
22:1 t 1	g	0.000	2	--	0.000	0.000
24:1 c 1	g	0.000	2	--	0.000	0.000
Fatty acids, total polyunsaturated	g	1.257	--	--	0.356	1.270
18:2 undifferentiated 1	g	1.217	--	--	0.345	1.229
18:2 n-6 c,c 1	g	1.208	2	--	0.342	1.220
18:2 CLAs 1	g	0.004	2	--	0.001	0.004
18:2 t not further defined 1	g	0.005	2	--	0.001	0.005
18:3 undifferentiated 1	g	0.034	--	--	0.010	0.034
18:3 n-3 c,c,c (ALA) 1	g	0.034	2	--	0.010	0.034
18:3 n-6 c,c,c 1	g	0.000	2	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 bar 101g
18:4 1	g	0.000	2	--	0.000	0.000
20:2 n-6 c,c 1	g	0.001	2	--	0.000	0.001
20:3 undifferentiated 1	g	0.000	--	--	0.000	0.000
20:3 n-6 1	g	0.000	2	--	0.000	0.000
20:4 undifferentiated 1	g	0.001	2	--	0.000	0.001
20:5 n-3 (EPA) 1	g	0.000	2	--	0.000	0.000
22:4 1	g	0.004	2	--	0.001	0.004
22:5 n-3 (DPA) 1	g	0.000	2	--	0.000	0.000
22:6 n-3 (DHA) 1	g	0.000	2	--	0.000	0.000
Fatty acids, total trans	g	0.030	--	--	0.009	0.030
Fatty acids, total trans-monoenoic	g	0.025	--	--	0.007	0.025
Cholesterol 1	mg	3	2	--	1	3
Stigmasterol 1	mg	31	2	--	9	31
Campesterol 1	mg	12	2	--	3	12
Beta-sitosterol 1	mg	86	2	--	24	87
Amino Acids						
Other						
Caffeine 1	mg	80	2	--	23	81
Theobromine 1	mg	802	2	--	227	810

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 12e, 2008 Beltsville MD