

Chocolate Bar

Number of Servings: 435.45 (50 g per serving)

Weight: 21772.43 g

<i>Nutrient</i>	<i>Value</i>	<i>Nutrient</i>	<i>Value</i>
Gram Weight (g)	50.00	Molybdenum (mcg)	
Calories (kcal)	128.17	Phosphorus (mg)	305.83
Calories from Fat (kcal)	51.37	Potassium (mg)	635.00
Calories from SatFat (kcal)	30.26	Selenium (mcg)	5.96
Protein (g)	8.17	Sodium (mg)	8.84
Carbohydrates (g)	32.34	Zinc (mg)	2.84
Dietary Fiber (g)	13.83	Omega 3 Fatty Acid (g)	0
Soluble Fiber (g)	0	Omega 6 Fatty Acid (g)	0.18
Total Sugars (g)	8.95	Alcohol (g)	0
Monosaccharides (g)		Caffeine (mg)	95.83
Disaccharides (g)		Choline (mg)	5.00
Other Carbs (g)	9.56		
Fat (g)	5.71		
Saturated Fat (g)	3.36		
Mono Fat (g)	1.90		
Poly Fat (g)	0.18		
Trans Fatty Acid (g)	0		
Cholesterol (mg)	0		
Water (g)	1.37		
Vitamin A - IU (IU)	0		
Vitamin A - RE (RE)	0		
Vitamin A - RAE (RAE)	0		
Vitamin A - Carotenoid RE (RE)	0		
Vitamin A - Retinol RE (RE)	0		
Beta-Carotene (mcg)	0		
Vitamin B1 - Thiamin (mg)	0.03		
Vitamin B2 - Riboflavin (mg)	0.10		
Vitamin B3 - Niacin (mg)	0.91		
Niacin Equivalents (mg)	2.95		
Vitamin B6 (mg)	0.05		
Vitamin B12 (mcg)	0		
Biotin (mcg)			
Vitamin C (mg)	0		
Vitamin D - IU (IU)			
Vitamin D - mcg (mcg)			
Vitamin E - Alpha-Toco (mg)	0.04		
Folate (mcg)	13.33		
Folate, DFE (mcg)	13.33		
Vitamin K (mcg)	1.04		
Pantothenic Acid (mg)	0.11		
Calcium (mg)	55.70		
Chromium (mcg)			
Copper (mg)	1.58		
Fluoride (mg)			
Iodine (mcg)			
Iron (mg)	6.31		
Magnesium (mg)	207.92		
Manganese (mg)	1.60		