

# DETAILED NUTRITIVE VALUE - PROFILE 1



**Recipe** | 001 - Chocolate milk

**Serving** | 250,00 g

Ingredients	Macronutrients								Vitamins							Minerals				
	Ener (kcal)	PRO (g)	FAT (g)	CHO (g)	ROH (g)	SugT (g)	SugA (g)	FibT (g)	VitA (RAE)	VitC (mg)	VitD (µg)	VitE (mg)	VitK (µg)	B6 (µg)	B12 (µg)	Ca (mg)	Cu (mg)	Fe (mg)	Na (mg)	K (mg)
	H2O (g)	PFA (g)	MFA (g)	SFA (g)	Trans (g)	n-3 (g)	n-6 (g)	Chol (mg)	VitA (IU)	Thia (mg)	Ribo (mg)	Nia (NE)	Pant (mg)	FolT (DFE)	Bio (µg)	P (mg)	Mg (mg)	Mn (mg)	Se (µg)	Zn (mg)
Salt, table	0	0	0	0	0	0		0	0	0	0	0	0	0	0	,24	,0003	,0033	387,5	,08
1 g   1 g	,002	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	,01	,001	,001	,001
Water, municipal	0	0	0	0	0	0		0	0	0	0	0	0	0	0	,4507	,0013	0	,4507	,1502
15 mL   15,0253 g	15,010	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	,1502	0	0	0
Sweets, sugars, granulated	81,783	0	0	21,12	0	21,09		0	0	0	0	0	0	0	0	,2113	,0014	,0105	,2113	,4226
25 mL   21,1327 g	,00422	0	0	0	0	0	0	0	0	,0040	0	0	0	0	0	0	0	,0008	,1267	,0021
Sweets, cocoa, powder, unsweetened	45,6	3,920	2,74	11,58	0	,35		7,4	0	0	0	,02	,5	,0212	0	25,6	,7576	2,772	4,2	304,8
20 g   20 g	,6	,088	,914	1,614	0	0	0	0	,0140	,0482	1,413	,0508	5,44		146,8	99,8	,7674	2,86	1,362	
Milk, fluid, partly skimmed, 2% M.F.	128,91	8,508	5,104	12,37	0	13,04		0	162,8	,4382	2,567	,0773	,5156	,0881	1,093	309,3	,0154	,0515	121,1	360,9
250 mL   257,82 g	230,00	,1882	1,443	3,240	,2191	,0206	,1418	20,62	557,8	,0904	,4769	2,041	,9178	10,95		237,1	28,36	,0360	6,445	1,237

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	Ener (kcal)	PRO (g)	FAT (g)	CHO (g)	ROH (g)	SugT (g)	SugA (g)	FibT (g)	VitA (RAE)	VitC (mg)	VitD (µg)	VitE (mg)	VitK (µg)	B6 (µg)	B12 (µg)	Ca (mg)	Cu (mg)	Fe (mg)	Na (mg)	K (mg)
	H2O (g)	PFA (g)	MFA (g)	SFA (g)	Trans (g)	n-3 (g)	n-6 (g)	Chol (mg)	VitA (IU)	Thia (mg)	Ribo (mg)	Nia (NE)	Pant (mg)	FolT (DFE)	Bio (µg)	P (mg)	Mg (mg)	Mn (mg)	Se (µg)	Zn (mg)
<b>TOTAL OF RECIPE :</b>	<b>314,978 g</b>																			
	256,29	12,42	7,844	45,08	0	34,48		7,4	162,8	,4382	2,567	,0973	1,015	,1094	1,093	335,8	,7762	2,837	513,6	666,4
	245,61	,2762	2,357	4,854	,2191	,0206	,1418	20,62	557,8	,1045	,5291	3,455	,9686	16,39	0	383,9	128,3	,8053	9,433	2,602
<b>TOTAL BY PORTION :</b>	<b>250 g</b>																			
	203,42	9,864	6,226	35,78	0	27,37	0	5,873	129,2	,3478	2,037	,0772	,8061	,0868	,8676	266,5	,6160	2,252	407,6	528,9
	194,94	,2192	1,871	3,853	,1739	,0163	,1125	16,37	442,7	,0829	,4200	2,742	,7688	13,01	0	304,7	101,8	,6392	7,487	2,065