

REPORT : NUTRITION ANALYSIS



Category	Test
Recipe	001 - Chocolate milk
Serving	250,00 g
Standard	Canada - DV Adults (4 years and +)

CALORIE DISTRIBUTION
Calories from fat : 56,04 (27,55%)
Calories from saturated and <i>trans</i> : 36,24 (17,82%)

‡ missing values

<u>Nutrients</u>	<u>Qty/Serving</u>	<u>Standard</u>	<u>% Standard</u>
Alcohol (g)			
Water (g)	194,95		
Énergie (kcal)	852,2	0	
Protein (g)	9,86		
Fat (g)	6,23	75	8,30
Cholesterol (mg)	16,4	300	5,46
Polyunsaturated (g)	0,22		
Monounsaturated (g)	1,87		
Saturated (g)	3,85	+	20,14
«Trans» (g)	0,17 ‡		
Omega-3 fatty acids (g)	0,016 ‡		
Omega-6 fatty acids (g)	0,113 ‡		
Carbohydrates (g)	35,78		
Total Sugars (g)	27,37	100	27,37
Added Sugars (g)	‡		
Dietary fibre (g)	5,87	28	20,98
Betaine (mg)	1,842 ‡		
Biotin (µg)	‡	30	
Choline (mg)	35,5	550	6,45
Folate (µg DFE)	13,01	400	3,25
Niacine (mg EN)	0,54		
Pantothenate (mg)	0,769	5	15,38

<u>Nutrients</u>	<u>Qty/Serving</u>	<u>Standard</u>	<u>% Standard</u>
Riboflavin (mg)	0,420	1,3	32,31
Thiamin (mg)	0,083	1,2	6,91
Vitamin A (µg RAE)	129,2	900	14,36
Vitamin A (IU)	442,7		
Vitamin B 6 (mg)	0,087	1,7	5,11
Vitamin B 12 (µg)	0,868	2,4	36,15
Vitamin C (mg)	0,3	90	0,39
Vitamine D (µg)	81,51		
Vitamine E (mg)	0,115 ‡		
Vitamin K (µg)	0,806	120	0,67
Calcium (mg)	266,6	1300	20,51
Copper (mg)	0,616	0,9	68,45
Iron (mg)	2,252	18	12,51
Iodine (µg)	‡	150	
Magnesium (mg)	101,8	420	24,25
Manganese (mg)	0,639	2,3	27,79
Phosphorus (mg)	304,8	1250	24,38
Potassium (mg)	528,9	4700	11,25
Selenium (µg)	7,5	55	13,61
Sodium (mg)	407,7	2300	17,72
Zinc (mg)	2,066	11	18,78