# Name **TrueGold cocoa powder**

# Producer **Olam Cocoa BV**

# **Stationsstraat 76, 1541LJ Koog aan de Zaan, The Netherlands**

# **Veerdijk 18, 1531MS Wormer, The Netherlands**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Main components** |  |  |  | **Minerals** |  |  |
| Total fat | 21.0 | g/100g |  | Calcium | 130 | mg/100g |
| Moisture | 4.0 | g/100g |  | Chloride | 10 | mg/100g |
| Protein | 20.4 | g/100g |  | Magnesium | 490 | mg/100g |
| Total carbohydrates 1 | 47.2 | g/100g |  | Phosphorous | 600 | mg/100g |
| Theobromine | 1.9 | g/100g |  | Potassium | 1800 | mg/100g |
| Caffeine | 0.2 | g/100g |  | Sodium | 20 | mg/100g |
| Ash | 5.3 | g/100g |  | Iron | 31 | mg/100g |
|  |  |  |  | Zinc | 6 | mg/100g |
|  |  |  |  | Copper | 3 | mg/100g |
|  |  |  |  |  |  |  |
| **Fat** |  |  |  | **Vitamins** |  |  |
| Saturated fat | 13.0 | g/100g |  | Vitamin A | <50 | IU/100g |
| Mono-unsaturated fat | 7.2 | g/100g |  | Vitamin B1 (thiamine) | 0.1 | mg/100g |
| Poly-unsaturated fat | 0.8 | g/100g |  | Vitamin B2 (riboflavin) | 0.4 | mg/100g |
| Trans fat | <0.02 | g/100g |  | Vitamin B3 (niacin) | 1.8 | mg/100g |
| Cholesterol | <1 | mg/100g |  | Vitamin B5 (pantothenic acid) | 3.5 | mg/100g |
|  |  |  |  | Vitamin C | <0.1 | mg/100g |
|  |  |  |  | Vitamin D | <0.05 | μg/100g |
|  |  |  |  | Vitamin E | 6.33 | IU/100g |
|  |  |  |  |  |  |  |
| **Carbohydrates** |  |  |  | **Energy 2** |  |  |
| Dietary fiber | 28.4 | g/100g |  | Energy | 365 | kcal/100g |
| * Soluble fiber | 4.9 | g/100g |  | Energy from fat | 189 | kcal/100g |
| * Insoluble fiber | 23.5 | g/100g |  |  |  |  |
| Starch | 11.1 | g/100g |  |  |  |  |
| Organic Acids | 4.0 | g/100g |  |  |  |  |
| Sugars | 0.9 | g/100g |  |  |  |  |
| * Added sugars | 0 | g/100g |  |  |  |  |

**1 Total carbohydrates are defined here as 100 – (fat + moisture + protein + theobromine + caffeine + ash)**

**2 Energy calculated according to USDA handbook 74 (revised).**

**Caloric values: 9 kcal/g for fat; 4 kcal/g for protein and carbohydrates less the amount of insoluble fiber**