# Name **Crimson Red 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 | 23.0 | g/100g |  | Calcium | 130 | mg/100g |
| Moisture | 4.0 | g/100g |  | Chloride | 10 | mg/100g |
| Protein | 18.9 | g/100g |  | Magnesium | 470 | mg/100g |
| Total carbohydrates 1 | 41.8 | g/100g |  | Phosphorous | 600 | mg/100g |
| Theobromine | 1.8 | g/100g |  | Potassium | 4300 | mg/100g |
| Caffeine | 0.2 | g/100g |  | Sodium  | 20 | mg/100g |
| Ash | 10.3 | g/100g |  | Iron | 30 | mg/100g |
|  |  |  |  | Zinc | 6 | mg/100g |
|  |  |  |  | Copper | 3 | mg/100g |
|  |  |  |  |  |  |  |
| **Fat** |  |  |  | **Vitamins** |  |  |
| Saturated fat | 14.2 | g/100g |  | Vitamin A | <50 | IU/100g |
| Mono-unsaturated fat | 8.0 | g/100g |  | Vitamin B1 (thiamine) | 0.1 | mg/100g |
| Poly-unsaturated fat | 0.8 | g/100g |  | Vitamin B2 (riboflavin) | 0.3 | mg/100g |
| Trans fat | <0.02 | g/100g |  | Vitamin B3 (niacin) | 1.7 | mg/100g |
| Cholesterol | <1 | mg/100g |  | Vitamin B5 (pantothenic acid) | 1.3 | mg/100g |
|  |  |  |  | Vitamin C | <0.1 | mg/100g |
|  |  |  |  | Vitamin D | <0.05 | μg/100g |
|  |  |  |  | Vitamin E | 7.0 | IU/100g |
|  |  |  |  |  |  |  |
| **Carbohydrates** |  |  |  | **Energy 2** |  |  |
| Dietary fiber | 27.5 | g/100g |  | Energy | 359 | kcal/100g |
| * Soluble fiber
 | 4.7 | g/100g |  | Energy from fat | 207 | kcal/100g |
| * Insoluble fiber
 | 22.8 | g/100g |  |  |  |  |
| Starch | 9.9 | g/100g |  |  |  |  |
| Organic Acids | 4.0 | g/100g |  |  |  |  |
| Sugars | 1.0 | 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**