

Nutrition Analysis

SEMI SWEET CHOCOLATE CHIPS

Serving Size: 100 g

Servings per Container: 1

Nutrient	Amount	Nutrient	Amount
Calories	504.226 kCal	Total Folate	0.000 µg
Protein	3.896 grams	Food Folate	0.000 µg
Carbohydrate	65.207 grams	Folic Acid	0.000 µg
Total Sugar	54.281 grams	Inositol	0.000 mg
Fiber	6.143 grams	Pantothenic	3.510 mg
Sugar Alcohols	0.000 grams	Vitamin C	0.351 mg
Other Carbohydrate	3.681 grams	Vitamin D	3.510 µg
Total Fat	28.695 grams	Total Vitamin E	52.671 mg
Saturated Fat	17.241 grams	d-Alpha-Tocoph...	0.000 mg
Monounsaturated Fat	10.080 grams	dl-Alpha-Tocoph...	0.000 mg
Polyunsaturated Fat	1.225 grams	Beta-Tocopherol	0.000 mg
Omega-3 Fat	0.000 grams	Gamma-Tocoph...	0.000 mg
Omega-6 Fat	0.000 grams	Delta-Tocopherol	0.000 mg
Trans Fat	0.000 grams	Alpha-Tocotrienol	0.000 mg
Cholesterol	5.265 mg	Beta-Tocotrienol	0.000 mg
Other Fats	0.000 mg	Gamma-Tocotrie...	0.000 mg
Sodium	1.195 mg	Delta-Tocotrienol	0.000 mg
Water	0.528 grams	Vitamin K	0.000 µg
Ash	1.084 grams	Other Vitamins	0.000 mg
Alcohol	0.000 grams		
Caffeine	1.400 mg		
Theobromine	0.527 mg	Minerals:	
		Calcium	8.152 mg
Vitamins:		Chlorine	0.000 mg
Vitamin A	0.000 µg RAE	Chromium	0.000 µg
Retinol	0.000 µg RAE	Copper	0.198 mg
Carotene	0.000 µg RAE	Flouride	0.000 µg
Beta-Carotene	0.000 µg RAE	Iodine	0.000 µg
Alpha-Carotene	0.000 µg RAE	Iron	0.659 mg
Beta-Cryptoxan...	0.000 µg RAE	Magnesium	27.030 mg
Lycopene	0.000 µg RAE	Manganese	0.002 mg
Lutein+Zeaxan...	0.000 µg RAE	Molybdenum	0.000 µg
Thiamin (B1)	0.351 mg	Phosphorus	43.949 mg
Riboflavin (B2)	0.923 mg	Potassium	81.353 mg
Niacin (B3)	1.825 mg	Selenium	0.332 µg
Vitamin B6	0.000 mg	Silicon	0.000 mg
Vitamin B12	0.000 µg	Sodium	1.195 mg
Betaine	0.000 mg	Sulfur	0.000 mg
Biotin	0.000 µg	Zinc	0.352 mg
Choline	0.000 mg	Other Minerals	0.000 mg

Sugars:

Fructose	0.000	grams
Galactose	0.000	grams
Glucose	0.000	grams
Lactose	0.000	grams
Maltose	0.000	grams
Sucrose	0.000	grams
Other Sugars	0.000	grams

Sugar Alcohols:

Maltitol	0.000	grams
Mannitol	0.000	grams
Sorbitol	0.000	grams
Xylitol	0.000	grams
Lactitol	0.000	grams
Isomalt	0.000	grams
Erythritol	0.000	grams
HSH	0.000	grams

Fiber:

Soluble Fiber	1.229	grams
Insoluble Fiber	4.914	grams

Other Carbohydrate:

Glycerin	0.000	grams
Non-Net Carbs	0.000	grams
Starch	2.984	grams

Net Carbohydrates by Difference

Total Carbohydrates	65.207	grams
Total Fiber	6.143	grams
Sugar Alcohols	0.000	grams
Glycerin	0.000	grams
Other Non-net Carbs	0.000	grams
Net Carbohydrates	59.064	grams

Net Carbohydrates by Calories

Net Carbohydrates	59.064	grams	236.3	calories
Total Fiber	6.143	grams	0.0	calories
Sugar Alcohols	0.000	grams	0.0	calories
Glycerin	0.000	grams	0.0	calories
Other Non-net Carbs	0.000	grams	0.0	calories
Equivalent Carb Grams	59.064	grams		236.3
		calories		