

INFORMACIÓN NUTRICIONAL

	Batido cacao	
	Por 100g	Por 1 batido (325ml)
Valor energético	67kcal/ 282kJ	217kcal / 914kJ
Grasas, de las cuales	1.8g	5.9g
saturadas	0.3g	1.1g
Hidratos carbono, de los cuales	7.8g	25g
Azúcares	4.0g	13g
Fibra alimentaria	1.2g	3.9g
Proteínas	4.3g	14g
Sal	0.14g	0.46g
Vitaminas:		
Vitamina A	75.0µg (9%)*	244µg (30%)*
Vitamina E	1.1mg (9%)*	3.6mg (30%)*
Vitamina D	0.46µg (9%)*	1.5µg (30%)*
Vitamina C	7.5mg (9%)*	24mg (30%)*
Vitamina K	7.0µg (9%)*	23µg (30%)*
Vitamina B ₁	0.10mg (9%)*	0.33mg (30%)*
Vitamina B ₂	0.13mg (9%)*	0.42mg (30%)*
Vitamina B ₃	1.5mg (9%)*	4.8mg (30%)*
Vitamina B ₆	0.13mg (9%)*	0.42mg (30%)*
VitaminaB ₁₂	0.23µg (9%)*	0.75µg (30%)*
Ácido pantoténico	0.55mg (9%)*	1.8mg (30%)*
Ácido fólico	18.5µg (9%)*	60.0µg (30%)*
Biotina	4.6µg (9%)*	15µg (30%)*
Minerales:		
Calcio	75.0mg (9%)*	244mg (30%)*
Fósforo	65.0mg (9%)*	211mg (30%)*
Magnesio	35.0mg (9%)*	114mg (30%)*
Sodio	56.0mg	182mg
Potasio	185mg (9%)*	601mg (30%)*
Hierro	1.3mg (9%)*	4.2mg (30%)*
Zinc	0.91mg (9%)*	3.0mg (30%)*
Cobre	0.093mg (9%)*	0.30mg (30%)*
Yodo	14.0µg (9%)*	46.0 µg (30%)*
Manganeso	0.19mg (9%)*	0.60mg (30%)*
Selenio	5.1µg (9%)*	17µg (30%)*
Flúor	0.16mg (5%)*	0.52mg (30%)*
Cloro	38.0mg (5%)*	124mg (30%)*
Cromo	1.9µg (5%)*	6.2µg (30%)*
Molibdeno	2.3µg (5%)*	7.5µg (30%)*

*VRN: Valores de Referencia de Nutrientes