



Laboratory authorized by INAO.

Z.I. de Lanrinou
CS 20100
29206 Landerneau Cedex
Tél : 02.98.25.30.24
Fax : 02.98.25.32.74
www.capinov.fr
contact.capinov@capinov.fr

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NUTRITION FACT

Sample identification: Dark Muscovado

Average nutritional data	Results of 100g	Results per portion of 100 g	Reference daily intake (1)	Results in Reference daily intakes per portion %
Energy	380 kcal	380 kcal	2,000kcal	19%
	1,613 kJ	1,613 kJ	8,400kJ	19%
Fat	traces	traces	70g	
Saturated fatty acids	traces	traces	20g	
Monounsaturated fatty acids	traces	traces		
Polyethenoid fatty acids	traces	traces		
Carbohydrates	95g	95g	260g	37%
of which sugars	95g	95g	90g	106%
Proteins	0.9g	0.9g	50g	2%
Salt	0.26g	0.26g	6g	4%
Potassium	934mg	934mg	2 000mg	47%
Phosphorus	21mg	21.0mg	700mg	3%
Magnesium	91.9mg	91.9mg	375mg	25%
Iron	traces	traces	14mg	
Mandatory information			(1) Reference daily intake for an average adult	(8 400kJ / 2000 kcal)
Non-mandatory information				

Food labelling per portion

	Energy	Fat	Saturated fatty acids	Sugars	Salt
per portion of 100 g	380 kcal	traces	traces	95g	0.26g
% of daily intake reference per portion	19%			106%	4%